

CHALLENGE OVERVIEW

Looking to spice up your diet? We have the challenge for you! Participate in this *Healthy Meal, Healthy Me* challenge where you earn more than just credits – you get to try new healthy recipes. Check out the GPA BeWell Pinterest page for inspiration and healthy recipe ideas! www.Pinterest.com/GPABeWell

HOW THE CHALLENGE WORKS

Track what types of healthy recipes you try throughout the month! Choose from the following healthy new recipes: Breakfast recipe, Lunch recipe, Dinner recipe, Dessert recipe, or Snack recipe.

Record your challenge activity in the **online tracking calendar** on your wellness portal or use the **paper tracking calendar** below to manually track. This form can also be found on the home page of your online wellness portal.

You must track at least 15 days to earn credit for this activity.

All challenge tracking must be reported by October 15th to receive credit for this activity and earn 1 Wellness Point!

I tried a healthy ...						
Breakfast recipe	Lunch recipe	Dinner recipe	Dessert recipe	Snack recipe		
		(sample entry) Day 24 Breakfast			Day 1	Day 2
Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16
Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23
Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30

Once you have tracked at least 15 days on your wellness portal, credit will automatically be awarded for this activity. If you are unable to record your challenge online, you may submit this completed *Paper Tracking Form* to the GPA Wellness Department at wellness@gpatpa.com or fax to (469) 445-3151 **BY OCTOBER 15th** to receive credit for completion.

Total # of Days Recorded _____

Name _____

Date of Birth ____ / ____ / ____

Email Address _____



This material is provided for the sole purpose of general education on health-related matters. GPA HealthWatch does not diagnose or treat any medical condition or provide medical advice. Please consult a healthcare provider regarding your own health concerns and before beginning any diet or exercise program.

Questions? Contact your GPA Wellness Coordinator, Jessica Hall
wellness@gpatpa.com or phone: (469) 445 – 3150

