

# Let's Eat Real Challenge

Take control of what you eat to manage your weight and well-being.

**Goal:** Try to complete each daily nutrition challenge listed for 4 weeks. Complete a minimum of 15 nutrition goals below to earn your All in to Win prize drawing entry.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total
Week 1	No red meat <input type="checkbox"/>	Try a new vegetable. <input type="checkbox"/>	Drink unsweetened beverages only. <input type="checkbox"/>	Have 1 cup of fruit. <input type="checkbox"/>	Eat breakfast. <input type="checkbox"/>	Only eat a snack if it's less than 200 calories. <input type="checkbox"/>	Record what you eat. <input type="checkbox"/>	
Week 2	No red meat or pork <input type="checkbox"/>	Have 1 ½ cups of vegetables. <input type="checkbox"/>	No sodas <input type="checkbox"/>	Try a new fruit. <input type="checkbox"/>	Save your \$\$. Pack a meal. <input type="checkbox"/>	Take a walk after lunch. <input type="checkbox"/>	Plan meals for a week. <input type="checkbox"/>	
Week 3	No red meat, pork or poultry <input type="checkbox"/>	Eat a salad <input type="checkbox"/>	No juice <input type="checkbox"/>	Prepare a fruit smoothie. <input type="checkbox"/>	No fried food Fridays <input type="checkbox"/>	Bake or grill your meat. <input type="checkbox"/>	Don't clean your plate. <input type="checkbox"/>	
Week 4	Try a meal with fish. <input type="checkbox"/>	Prepare a vegetable recipe. <input type="checkbox"/>	Drink 8 cups of water. <input type="checkbox"/>	Have a fruit for a snack. <input type="checkbox"/>	Skip dessert. <input type="checkbox"/>	Have a meatless meal. <input type="checkbox"/>	Use a smaller plate. <input type="checkbox"/>	

**Report your results to earn ONE entry into the All in to Win prize drawing.**

After challenging yourself for four consecutive weeks, submit your completed challenge two ways:

1. Submit your completed challenge by submitting the [Challenge Reporting form](#)
2. Or, go to <https://humanresources.atriumhealth.org/LiveWELL/Prevention-and-Wellness/Challenges/Challenge-Reporting>

**Be sure to enter your correct six-digit employee ID when reporting. All teammates regardless of benefits status are eligible to participate and win! If you have questions, contact LiveWELL at 704-355-8136 or email [LiveWELLEvents@AtriumHealth.org](mailto:LiveWELLEvents@AtriumHealth.org).**

**Grand Total  
Nutrition Goals  
Completed**

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Use this number  
for reporting.