

Name: _____

March 2018 Healthy Snack Challenge

Date	YES	NO	List Snack
March 1			
March 2			
March 3			
March 4			
March 5			
March 6			
March 7			
March 8			
March 9			
March 10			
March 11			
March 12			
March 13			
March 14			
March 15			
March 16			
March 17			
March 18			
March 19			
March 20			
March 21			
March 22			
March 23			
March 24			
March 25			
March 26			
March 27			
March 28			
March 29			
March 30			
March 31			

Challenge: Swap an unhealthy snack such as chips, candy bars or other sweets for a healthier option such as fruits, nuts or vegetables. Each day if you eat a healthy snack, simply check the 'yes' box and list the snack. Complete at least 25 days with a 'yes' for healthy snacks.

Return your completed sheet to Human Resources at the end of the month.



Healthy Snack Ideas:

- Apples & Peanut Butter
- Veggies & Hummus
- String Cheese
- Mixed Nuts
- Fruit Smoothie
- Granola Bar
- Oatmeal
- Air Popped Popcorn
- Hard Boiled Egg
- Greek Yogurt
- Celery and Peanut Butter
- Pumpkin Seeds
- Brown Rice Cakes
- Frozen Grapes
- Protein Shake
- Avocado & Tomato Whole Grain Toast