



• personal wellness program from SNA •

Challenge: Start Right with Breakfast!

Find time for a healthy breakfast that includes whole grains or fruit in March, in honor of National School Breakfast Week!

Instructions: Start your day with a healthy breakfast. Give yourself two (2) points for every morning that includes a healthy breakfast featuring whole grains and/or fruit.

Name _____ Member Number _____ State _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Earned 25 Points? Submit your points online at:
www.mitmnutrition.wixsite.com/mistepschallenge/submit-points-1
by **April 4** to be entered in the drawing.

Total Points for
the Month:

Sponsored



Note: The STEPS Challenge is not intended to replace medical advice. Before beginning this or any other nutritional or exercise regimes, consult your physician to be sure it is appropriate for you.