



• personal wellness program from SNA •

# Challenge: Fall for more fruit this October!

Avoid October's candy temptations by reaching for fresh fruit instead. Consider easy on the go options like apples or pears.

**Instructions:** Reward yourself with one (1) point for every serving of fruit you have this month.

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](http://www.mitmnutrition.wixsite.com/mistepschallenge/submit-points-1) by **November 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.