



• personal wellness program from SNA •

Challenge: Go Lean with Protein!

Protein builds and maintains muscles, is responsible for healthy blood cells and strengthening the immune system. Focus on lean protein choices (animal or plant based).

Instructions: Award yourself three (3) points for every time you choose a lean protein instead of a higher-fat alternative.

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

Earned 25 Points? Submit your points online at:
www.mitmnutrition.wixsite.com/mistepschallenge/submit-points-1
by **December 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.