



CHALLENGE:

*Swap out one less nutritious food choice for something
that is a better option each day*

Ideally, we would plan out all of our meals in advance based on our individual dietary needs/goals, and as a result eat only those foods that will help to achieve/maintain our overall health. However, this is quite often not the case.

We make our daily food choices based on a number of factors, which may include not really giving what we eat much thought at all. We make food choices based on habit, convenience, cravings, social influences etc. As a result, we may find ourselves reaching for items (either intentionally, or automatically) that are not very nutritious, and not the best choices for our overall health, or waistlines.

MAKE A SWAP

Be aware of what you are eating and make conscious choices. Each day swap at least one nutritious food or beverage item in place of a less nutritious item that you were reaching for or would normally have. Some examples are:

SWAP THIS

FOR THIS

Plain water with a slice of lemon, Sparkling water, unsweetened iced tea	Soda or other sugary drinks
Steamed veggies, side salad, fruit	French fries, or other high calorie sides
Yogurt, oatmeal, whole grain/low sugar cereal	Pastry, high sugar cereal, processed breakfast items
Whole grain pasta, brown rice, quinoa	White rice, traditional “white” pasta, processed/packaged side dishes
Fruit, nuts, nut butters, no/light butter popped corn	Cookies, chips, crackers, processed snack items

Making just one small change each day may not seem like it makes a big difference. However, moving towards a healthier diet is much easier when you start off with small changes. Trying to make a dramatic change overnight only sets you up for failure as it can be very overwhelming. Becoming aware of what you are eating and making conscious choices to improve eating habits one step/meal at a time is the best way to guarantee long term results.

Name_____

Month Completed_____

Harker School Wellness Program / **Swap this for that Challenge**

Record the healthy swap you made each day for four weeks. Aim for at least one swap each day. Submit completed log to HR to earn 10 wellness points. (100 points max in this category)

Week 1

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

Week 2

Day 8 _____
Day 9 _____
Day 10 _____
Day 11 _____
Day 12 _____
Day 13 _____
Day 14 _____

Week 3

Day 15 _____
Day 16 _____
Day 17 _____
Day 18 _____
Day 19 _____
Day 20 _____
Day 21 _____

Week 4

Day 22 _____
Day 23 _____
Day 24 _____
Day 25 _____
Day 26 _____
Day 27 _____
Day 28 _____

Signature_____ Date_____

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness discount. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.