

The Wellness Committee presents:

March Fruits & Vegetables Challenge

Did you know that your nutrition and diet play a role in your mental health?

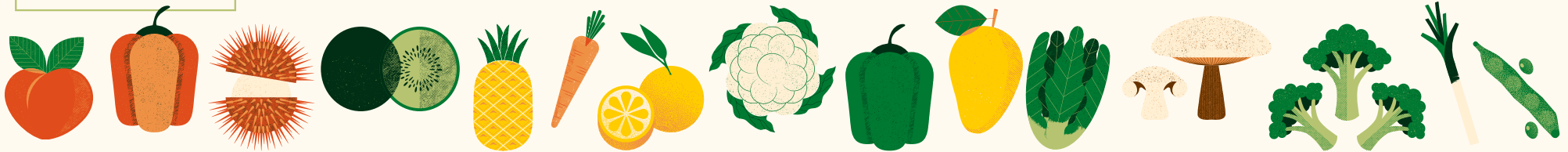
Research shows there are mental health benefits to a healthy diet. Increased **fruit** and **vegetable** consumption can positively impact psychological health, reducing symptoms of depression.

Find out more information here: linktr.ee/VSLWellness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Wellness Committee is challenging you to get at least 1 serving of fruits or vegetables per day for the month of March.					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

Instructions: Track your daily fruit and vegetable intake and record them in this log. You must tally the amount you ate as well as which fruits or vegetables you ate each day.



- One serving of any fruit/vegetable will earn you one tally. You must have one tally per day at a minimum.
- Completed logs must be turned in to HR no later than April 8th, 2024, in order to be eligible to win.
- They may be interoffice mailed, hand delivered, or scanned & emailed to: aedwards@valleyseniorliving.org

Prizes include one of 5 \$50 gift cards to Hugo's or Target

Name: _____

Building: _____