

MARCH ~~MADNESS~~ WELL

PUT YOUR BEST
FORK FORWARD 

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Don't skip breakfast (even a serving of fruit counts)	2 Eat a minimum of two servings of veggies today	3 Eat two meals without electronic distractions	4 Drink at least 32 oz of H2O	5 Early on in the day plan dinner for tonight
6 Cook a meal at home today	7 Take 15 minutes to eat breakfast, lunch, or dinner. Eat SLOWLY	8 Wait five minutes before giving into a craving	9 Try a "wellness approved" meal in the Mountainside Cafe or off our website	10 Don't skip breakfast (even one piece of fruit counts)	11 Drink at least 32 oz of H2O	12 Take 15 minutes to eat breakfast, lunch, or dinner. Eat SLOWLY
13 Prepare food for the week #mealprep	14 Eat fruit for a snack <small>& enjoy a slice of pie Happy Pi Day!</small>	15 Eat your meals on smaller bowls or plates	16 Eat a minimum of two servings of veggies today	17 Eat something GREEN <small>Happy St. Patricks Day!</small>	18 Drink at least 32 oz of H2O	19 Early on in the day plan dinner for tonight
20 Plan out your lunch for tomorrow	21 Eat two meals without electronic distractions	22 Don't skip breakfast (even a serving of fruit counts)	23 Eat a minimum of two servings of veggies today	24 Eat your meals on smaller bowls or plates	25 Drink at least 32 oz of H2O	26 Take 15 minutes to eat breakfast, lunch, or dinner. Eat SLOWLY
27 Take 15 minutes to eat breakfast, lunch, or dinner. Eat SLOWLY	28 Eat your meals on smaller bowls or plates	29 No meat today! Load up on them veggies & beans	30 Eat a minimum of two servings of veggies today	31 Choose three of these habits to implement next month		

Employee/Spouse Name: _____

How to play:

- Mark off completed days on this calendar

- Turn in via email to wellness@aruplab.com or in person to the Wellness Center

- Be entered to win one of five prizes.

Prizes:

- Deep Tissue Massage Gun (2)
- Chef's Knife (1)
- \$40 Home Depot Gift card (2)