

# MENTOR SCHOOLS WELLNESS CHALLENGE

**OCTOBER 2018**

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

Staff or Student (circle one)

## GO LEAN WITH PROTEIN CHALLENGE

This month the challenge focus is to eat lean proteins. Studies show that eating lean proteins assists the body is feeling full, builds muscle mass, and helps burns calories. Award yourself **2 points** each time you eat a serving of lean proteins. Consider options like roasted chicken, turkey, fish, lean cuts of pork or beef, eggs, low fat yogurt, low fat cheeses, and many varieties of legumes. A serving of meat/poultry/fish is considered 3 – 4 ounces, yogurts are 4 ounces, cheeses are 1 ounce, and beans are ½ cup. **PLEASE TOTAL DAILY POINTS. LIST THE FOOD ITEMS CONSUMED DAILY. DON'T FORGET TO TOTAL DAILY YOUR POINTS AND GIVE A FINAL TOTAL AT THE END OF THE MONTH.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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			<b>TOTAL FOR THE MONTH</b>

**THE DEADLINE FOR ENTRY OF THIS FORM TO THE CAFETERIA OR SCHOOL OFFICE IS FRIDAY NOVEMBER 5TH !**