

Eat Plants

Limit Meat

The Eat Plant Challenge invites you to abstain from eating meat for 15 out of the next 30 days. Meat is good for you, but too much meat can have negative effects on your health. Track "Yes" each day you don't eat any servings of meat. To complete the challenge, track "Yes" at least 15 times over the course of the challenge.

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org

Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7
Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14
Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21
Jan 22	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28
Jan 29	Jan 30	Jan 31				

I've completed the challenge!

(Print Name)