The Eat Clean Challenge invites you to eliminate sugar, fried foods and refined grains from your diet for one month. Sugar, fried foods, and refined grains are empty calories, high in calories, and have little to no nutrition. When you stop eating them, you will find that you feel better, and you’ll probably lose several pounds along the way. Track “yes” each day you are successful. To complete the challenge, track “Yes” every day of the month. If you have any exception, don’t despair. You can still track “Yes” if you exercise for 30 minutes more than you usually would.

I've completed the challenge!

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