



CHALLENGE: Drinking Non-Sugar Sweetened Beverages

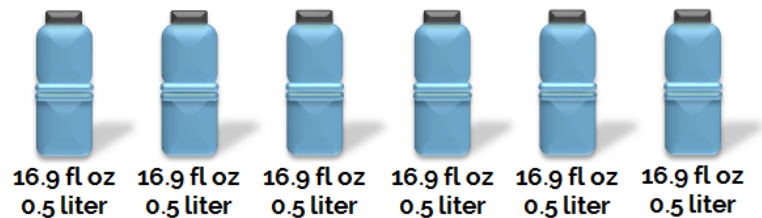
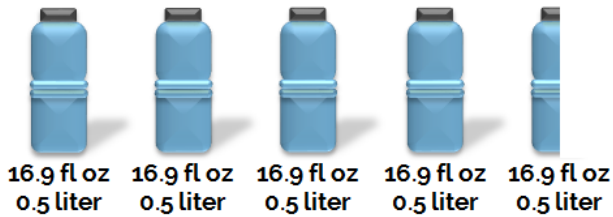


| | Non-Sugar Sweetened Beverage Consumed | Amount (ounces) | Daily Total |
|-----|---------------------------------------|-------------------------|-----------------|
| SUN | _____ _____ _____ | _____ _____ _____ | _____ ounces |
| MON | _____ _____ _____ | _____ _____ _____ | _____ ounces |
| TUE | _____ _____ _____ | _____ _____ _____ | _____ ounces |
| WED | _____ _____ _____ | _____ _____ _____ | _____ ounces |
| THU | _____ _____ _____ | _____ _____ _____ | _____ ounces |
| FRI | _____ _____ _____ | _____ _____ _____ | _____ ounces |
| SAT | _____ _____ _____ | _____ _____ _____ | _____ ounces |
| | | Weekly Total | _____ ounces |

How much do you need?

Women
2.7 Liters
(91 ounces)

Men
3.7 Liters
(125 ounces)



Tips for Increasing Hydration



What counts?

Tea
Water
Soup
Fruits
Vegetables



CHALLENGE: Eating Vegetables



| | Vegetables Eaten | Amount (cups) | Daily Total |
|---------------------|------------------|---------------|-------------|
| SUN | _____ | _____ | _____ cups |
| | _____ | _____ | |
| | _____ | _____ | |
| | _____ | _____ | |
| MON | _____ | _____ | _____ cups |
| | _____ | _____ | |
| | _____ | _____ | |
| | _____ | _____ | |
| TUE | _____ | _____ | _____ cups |
| | _____ | _____ | |
| | _____ | _____ | |
| | _____ | _____ | |
| WED | _____ | _____ | _____ cups |
| | _____ | _____ | |
| | _____ | _____ | |
| | _____ | _____ | |
| THU | _____ | _____ | _____ cups |
| | _____ | _____ | |
| | _____ | _____ | |
| | _____ | _____ | |
| FRI | _____ | _____ | _____ cups |
| | _____ | _____ | |
| | _____ | _____ | |
| | _____ | _____ | |
| SAT | _____ | _____ | _____ cups |
| | _____ | _____ | |
| | _____ | _____ | |
| | _____ | _____ | |
| Weekly Total | | | _____ cups |

How much do you need?



Different Types of Vegetables

| | |
|---------------|---|
| Red/Orange | Carrots, Red Peppers, Tomatoes, Sweet Potatoes |
| Dark Green | Broccoli, Spinach, Kale, Collards, Mustard Greens |
| Bean and peas | Black, Pinto, Kidney, Black-Eyed Peas, Split Peas |
| Starchy | Yellow or White corn, White Potatoes, Green Peas |
| Other | Cabbage, Celery, Cauliflower, Bean Sprouts |

Tips For Eating More Vegetables

Keep fresh and frozen vegetables for quick cooking in the microwave

Try new vegetables

Order side of vegetables when eating out

Buy what's in season - they taste better and are cheaper!

Stock up on canned vegetables



CHALLENGE: Eating Fruit



| | Fruit Eaten | Amount (cups) | Daily Total |
|------------|-------------------------|-------------------------|---------------|
| SUN | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> cups |
| MON | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> cups |
| TUE | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> cups |
| WED | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> cups |
| THU | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> cups |
| FRI | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> cups |
| SAT | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> cups |
| | | Weekly Total | <hr/> cups |

What counts?

| | | | |
|--|---|---|--|
| Apples Apricots Bananas Blueberries Cantaloupe Cherries | Clementine Cranberries Dates Figs Grapefruit Guava | Honeydew Melon Kiwi Mandarin Orange Mango Nectarine Orange | Papaya Peaches Pear Pineapple Pomegranate Raspberries |
|--|---|---|--|

How much do you need?

Servings Sizes (1 cup)



banana
(8-9 inches)



1 large



12 strawberries



About 12 grapes

Tips for Eating More Fruit

Eat 1 cup of fresh, frozen, or canned fruit with every meal

Drink 1 8 oz glass of 100% fruit juice



CHALLENGE: Eating Fruits & Vegetables



| | Fruit Eaten | Amount (cups) | Vegetables Eaten | Amount (cups) | Daily Total |
|-------------|-------------|---------------|------------------|---------------------|-------------|
| S U N | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| M O N | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| T U E | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| W E D | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| T H U | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| F R I | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| S A T | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | _____ | _____ | _____ | _____ | _____ cups |
| | | | | Weekly Total | _____ cups |
| | | | | | _____ cups |



CHALLENGE: Sleeping



| | Time I went to bed | Time I woke up | Total Hours Sleep |
|-----|---------------------|----------------|-------------------|
| SUN | | | _____ hours |
| MON | | | _____ hours |
| TUE | | | _____ hours |
| WED | | | _____ hours |
| THU | | | _____ hours |
| FRI | | | _____ hours |
| SAT | | | _____ hours |
| | Weekly Total | | _____ hours |

Tips for getting better sleep

- Staying physically active during the day
- Create a relaxing sleep routine with mediation or reading a book
- Limit screen time before bed
- Avoid coffee and energy drinks late in the day
- Listen to your body - sleep when you are tired
- Manage stress and nurture relationships with friends and family

How much do we need by age group*?



What time should I go to bed and wake up to get 7 hours of sleep?

| If I wake up at... | I need to go to bed at... |
|--------------------|---------------------------|
| 5:00 am | 9:00 pm - 9:30 pm |
| 6:00 am | 10:00 pm - 10:30 pm |
| 6:30 am | 10:30 pm - 10:45 pm |
| 7:00 am | 10:45 pm - 11:00 pm |
| 7:30 am | 11:00 pm - 11:30 pm |
| 8:00 am | 11:30 pm - 12:00 am |

*National Sleep Foundation. (2019). How Much Sleep Do We Really Need? Retrieved from <https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-we-really-need>

| | De-Stress Activities Completed | Daily Total |
|-----|--------------------------------|---------------------|
| SUN | <hr/> <hr/> <hr/> <hr/> | <hr/> activities |
| MON | <hr/> <hr/> <hr/> <hr/> | <hr/> activities |
| TUE | <hr/> <hr/> <hr/> <hr/> | <hr/> activities |
| WED | <hr/> <hr/> <hr/> <hr/> | <hr/> activities |
| THU | <hr/> <hr/> <hr/> <hr/> | <hr/> activities |
| FRI | <hr/> <hr/> <hr/> <hr/> | <hr/> activities |
| SAT | <hr/> <hr/> <hr/> <hr/> | <hr/> Activities |
| | | <hr/> Activities |

Ways to Reduce Stress

Exercise

Spend time in nature

Take a walk outside

Medication, tai chi, yoga

Adult coloring

Listening to or playing music you like

Talking with friends and family

Spend time with pets

Adopt healthy eating habits

Get adequate sleep

Try a new hobby - like gardening, sewing, or sketching

Create a relaxing bedtime routine

