5-A-Day Challenge

Overview and Guidelines

The goal of this challenge is to improve your health. Each participant will eat at least 5 servings daily of fruits and vegetables. This is a team challenge, with a maximum of 15 members (including the team captain) per team.

The challenge starts May 4, 2015 and ends May 30, 2015. Each member of your team must eat 5 servings of fruit and vegetables each day during the challenge by the end of the challenge for your team to be entered into the prize drawing.

Motivate your fellow coworkers and encourage one another!

The following staff have volunteered to be a team captain: Jason Rice, Courtney Motwani, Cassidy Miller, Raquel McFadden, Tina Casey, Carmen Geske, Pem Tomaselli, Jessica Grady, Shelby Sharp, Claudia Newcomb, Michelle Cowden, Elena Garcia, Windy Rice. If you would like to participate and learn more about the challenge, please reach out to one of the team captains and they will provide you with the tracking tools. You may track your fruit and vegetable intake on the Individual Tracking Sheet and submit this to your team captain.

Your team captain should complete the Team Tracking Sheet and return to Barbara Lundgren by June 4, 2015 receive credit for completion!

The Team Tracking Sheet will only need to be sent in once at the end of the Challenge.

1 serving of fruit = 1 cup of fruit or 100% fruit juice
½ cup of dried fruit

1 serving of vegetables = 1 cup of raw or cooked vegetables
1 cup of vegetable juice
2 cups of raw, leafy greens