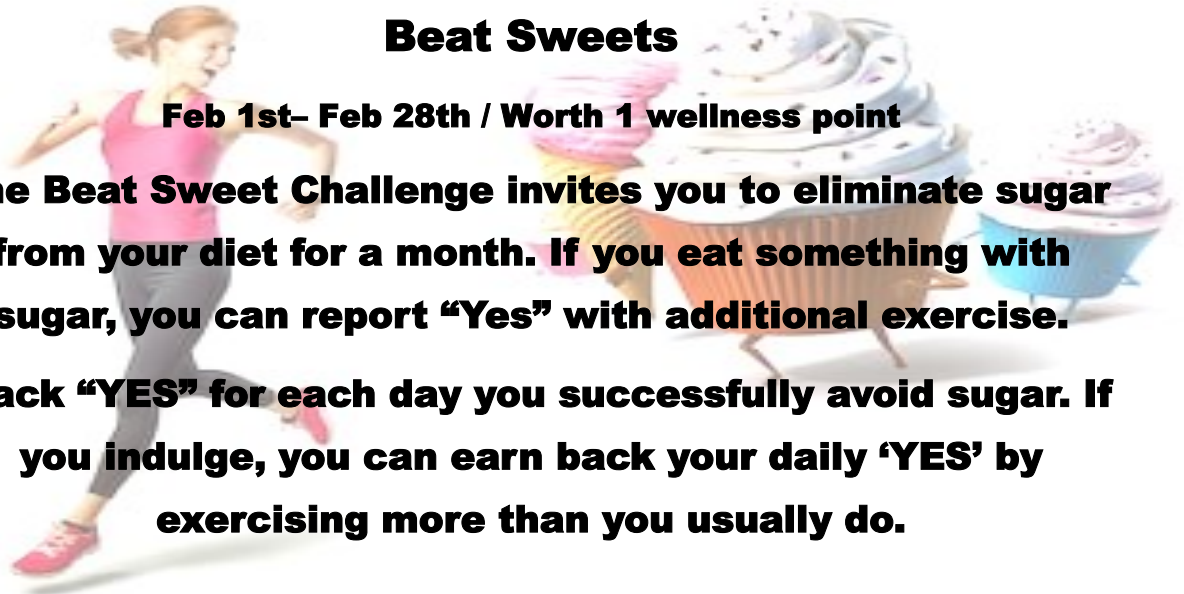


# Beat Sweets

Feb 1st- Feb 28th / Worth 1 wellness point

**The Beat Sweet Challenge invites you to eliminate sugar from your diet for a month. If you eat something with sugar, you can report “Yes” with additional exercise.**

**Track “YES” for each day you successfully avoid sugar. If you indulge, you can earn back your daily ‘YES’ by exercising more than you usually do.**



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

## END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to [mhernandez@boxeldercounty.org](mailto:mhernandez@boxeldercounty.org)

I've completed the challenge!