

Eat Clean

Aug 1st- Aug 31st

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.

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

I've completed the challenge!

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