



DEPUTY LAFORGE WELLNESS CHALLENGE

MATTERS OF THE HEART: FEB 12TH- MARCH 12TH

We challenge you to eat 150 servings of fruits and vegetables in 30 days (5 per day)!

We all know fruits and vegetables are beneficial to our health, but we still struggle to get in the recommended amount. **This challenge will provide accountability, motivation, and new, fun and flavorful ideas on how to get in more fruits and veggies.**

How do I participate?

- Register using the [link](#) or QR code by 5pm on Thursday, Feb 8th
- Print off tracker or download digital version to help you keep track
- Record servings of fruits and vegetables eaten each day
- Read, be inspired and take action on the “Matters of the Heart” sent on Mondays
- On day 30, you will receive a form to enter your progress.



What else should I know?

Each Monday during this challenge you will receive a “Matters of the Heart” weekly email with resources, recipes, and encouragement. On Day 1 of the challenge (Monday Feb. 12) you will receive your tracker and everything you need to get started!

Important Dates to Join Us for:

- Tuesday Feb 6th 12-12:30pm CT: Kick-off Event
- Wednesday Feb 28th 12-12:30pm CT: Matters of the Heart Nutrition
- Wednesday Mar 20th 12-12:30pm CT: Finale & Challenge Celebration