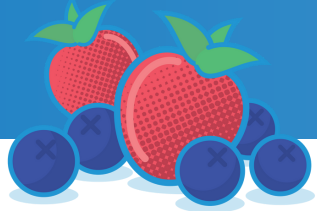


# 28 DAY NUTRITION CHALLENGE



**Mon**

**Tues**

**Wed**

**Thu**

**Fri**

**Sat**

**Sun**

Eat 2 serves  
of fruit

Have 250ml water  
upon waking

Add 1 Tbsp nuts /  
seeds to breaky

Include legumes in  
your dinner

Add salad to  
your dinner

Get Vit D with 30  
min sun exposure

Eat a treat food  
slowly & mindfully

Include milk or  
yoghurt as a snack

Try a new food  
today

Eat veggies at  
lunch & dinner

Drink 1 cup water  
with each meal

Add fruit to  
breakfast

Make a healthy &  
delicious smoothie

Learn to cook  
something new

Add 1 Tbsp chia  
seeds to breakfast

Snack on your  
favourite dried fruit

Enjoy dark choc. or  
popcorn for dessert

Eat 3+ colourful  
veg with dinner

Drink 6+ glass  
of water

Try a vegetarian  
meal with tofu

Plan your snacks  
for the week

Include a veggie  
with lunch

Carry a drink  
bottle with you

Include 1-2 Tbsp  
nuts or seeds

Drink 1 cup milk  
before bed

Eat fish / seaweed  
/ nori with dinner

Eat 1 cup of fresh  
or frozen berries

Help prepare a  
family meal

**How many boxes can you tick this month?**

(You can do them in any order)