

3 achievement levels

- Bronze– small fruit basket
- Silver– food scale
- Gold- Pro Sport blender and 4 lucky FitBit winners!

# Smart FUEL

**JOIN THE FUN– LEARN HOW TO EAT SMART.**

**Smart Fuel** is a 10-week **challenge** that provides tips and ideas to help you eat smart by:

- \* **Enjoying More Fruits & Vegetables**
- \* **Re-Thinking Your Drink**
- \* **Eating More Whole Grains**
- \* **Preparing More Meals at Home**
- \* **Right-Sizing Your Portions**



**Earn points** each time you practice one of these **eat smart** strategies.

This challenge will begin on November 1st and end on January 23rd!!

**To sign up for this challenge, please visit PUSH's internal website and fill out the registration form!**

*For more information about the Smart FUEL challenge please contact Callie Jensen or another PUSH Team member.*