

Step Up Forsyth !

Week 4 Challenge

October 9—15



Name _____ Phone _____

Email _____

Eat breakfast every day !

Breakfast really is the *most important* meal of the day. It breaks the fast after a long night of sleep and provides important nutrients the body needs to refuel for the day ahead.



Good breakfast choices

- Whole-grain cereal, a banana and skim milk
- Egg substitute, whole-wheat toast and a grapefruit
- A whole-wheat toaster waffle topped with fat-free sour cream and fresh blueberries
- A flour tortilla or pita pocket filled with cottage cheese and fresh fruit.
- A low-fat, whole-wheat bran muffin topped with applesauce and yogurt
- An English muffin topped with an ounce of low-fat melted cheese and a glass of orange juice

Using the chart below, record your breakfast choices for each day.

	My Breakfast
Sunday 10/9	
Monday 10/10	
Tuesday 10/11	
Wednesday 10/12	
Thursday 10/13	
Friday 10/14	
Saturday 10/15	

To be eligible for the weekly prize, return this form by Monday, 10/24 using 1 of 5 ways:

- Drop form(s) off at Forsyth County Health Department (799 N Highland Ave)
- Scan form(s) and email it to stepupforsyth@forsyth.cc
- Fax to the Department of Public Health at 336-727-8034
- Mail to Step Up Forsyth!, Dept. of Public Health, PO Box 686, Winston-Salem, NC 27102-0686
- Go to www.forsyth.cc/PublicHealth/stepup_forsyth.aspx and click "challenge" to complete this form online