



Pack Your Lunch Challenge

LUNCH PACKER TRACKER

DIRECTIONS: Aim to pack your lunch each workday and list what you had. (Your lunch may not always be 100% "healthy", but just do your best!)
 OPTIONAL: You can also track what food groups you packed with lunch. **At the end of the challenge, please let us know you participated [HERE](#).**

	MON	TUES	WED	THURS	FRI	Total Lunches Packed
Week 1	_____	_____	_____	_____	_____	
	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	
Week 2	_____	_____	_____	_____	_____	
	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	Did lunch include: <ul style="list-style-type: none"> ▪ Fruit ▪ Veggies ▪ Low-Fat Protein ▪ Whole Grains ▪ Low-Fat Dairy 	



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