



Read The Label

Compare and choose better food.
health matters
EDUCATE ENGAGE EMPOWER CREATING A CULTURE OF WELLNESS

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or challenges designed to promote health and prevent disease.

Challenge Guidelines June 2017:

- Reduce or eliminate carbohydrates from added sugars.
- Read Nutrition Facts Labels on packaged items you eat.

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and well-being matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.
