



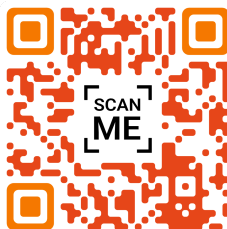
MONTHLY CHALLENGE

ready, set, go! starts on or after 10/3/25

The Food Tracker Challenge invites you to track what you eat for 25 days. The goal of the challenge is to increase your awareness of what you eat and to become more intentional about what you choose going forward. Track "Yes" each day you track what you eat.

Track your challenge using the attached calendar or log. Plus - if you exercise for 150 minutes this month, you can earn more HIP.

Attached are some resources for Food Logging Apps!



Completed challenges must be submitted to HR within five days after completion. Employees can complete one challenge every 30 days.

MY FOOD DIARY

WEEK OF _____

		FOOD LIST		CALORIES
SUNDAY	BREAKFAST:			
	LUNCH:			
	DINNER:			
	SNACKS:			
MONDAY	BREAKFAST:			
	LUNCH:			
	DINNER:			
	SNACKS:			
TUESDAY	BREAKFAST:			
	LUNCH:			
	DINNER:			
	SNACKS:			
WEDNESDAY	BREAKFAST:			
	LUNCH:			
	DINNER:			
	SNACKS:			
THURSDAY	BREAKFAST:			
	LUNCH:			
	DINNER:			
	SNACKS:			
FRIDAY	BREAKFAST:			
	LUNCH:			
	DINNER:			
	SNACKS:			
SATURDAY	BREAKFAST:			
	LUNCH:			
	DINNER:			
	SNACKS:			



DAYS

For 25 days out of the month complete the challenge



Minutes

Optional: Exercise for a total of 150 minutes in addition to your monthly challenge.



SUBMIT

Submit to HR within 5 days of completion.

=



\$10 HIP Challenge

\$10 HIP Exercise

FoodTracker

Track what you eat

Food Tracking Apps – Quick Guide

Use these apps to track your food during the Food Tracker Challenge. Pick one that matches your style – whether you prefer detailed logging, photo journaling, or mindful awareness. Below are direct download links for iPhone, Android, or desktop.

MyFitnessPal  Large food database, barcode scanner, calories & macros.

App Store: <https://apps.apple.com/us/app/myfitnesspal-calorie-counter/id341232718>

Google Play: <https://play.google.com/store/apps/details?id=com.myfitnesspal.android>

Website: <https://www.myfitnesspal.com/>

MyNetDiary  Easy logging, supports diet plans, tracks exercise.

App Store: <https://apps.apple.com/us/app/calorie-counter-mynetdiary/id287529757>

Google Play: <https://play.google.com/store/apps/details?id=com.fourtechnologies.mynetdiary.ad>

Website: <https://www.mynetdiary.com/>

Cronometer  Deep nutrition tracking with micronutrients.

App Store: <https://apps.apple.com/us/app/cronometer-nutrition-tracker/id1145935738>

Google Play: <https://play.google.com/store/apps/details?id=com.cronometer.android.gold>

Website: <https://cronometer.com/>

MealLogger  Snap photos of meals.

App Store: <https://apps.apple.com/us/app/meallogger/id574659133>

Google Play: <https://play.google.com/store/apps/details?id=com.meallogger>

Website: <https://www.meallogger.com/>

Ate Journal  Mindful eating photo diary.

App Store: <https://apps.apple.com/us/app/ate-visual-food-journal-diary/id1164976477>

Website: <https://youate.com/>

FoodView  Lightweight photo-based diary.

App Store: <https://apps.apple.com/us/app/foodview-food-diary/id1476431239>

Website: <https://foodview.app/>

Lose It!  Barcode scanner, simple calories.

App Store: <https://apps.apple.com/us/app/lose-it-calorie-counter/id297368629>

Google Play: <https://play.google.com/store/apps/details?id=com.fitnow.loseit>

Website: <https://www.loseit.com/>



MONTHLY CHALLENGE



SKIP THE PAPER, SUBMIT ONLINE

Enter the challenge month and completion days on the calendar. Submit to HR within five days. Contact HR with questions.

MONTHLY PLANNER

01 02 03 04 05 06 07 08 09 10 11 12

SUN	MON	TUE	WED	THU	FRI	SAT



Number of DAYS you completed the challenge



Number of MINUTES you Exercised

PRINT NAME &
SIGN HERE- _____

Date: _____





Fabiano Brothers

CHALLENGE NOTES

Notes Page - Feel free to write anything you want on this page. For example, what did you eat? How did you feel? Suggestions? etc. HR does NOT need this page, unless you put suggestions about the challenge on it.

