

Food Tracker

Track what you eat

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!



MY FOOD DIARY		WEEK OF
FOOD LIST		
SUNDAY	BREAKFAST:	
SUNDAY	LUNCH:	
SUNDAY	DINNER:	
SUNDAY	SNACKS:	
MONDAY	BREAKFAST:	
MONDAY	LUNCH:	
MONDAY	DINNER:	
MONDAY	SNACKS:	
TUESDAY	BREAKFAST:	
TUESDAY	LUNCH:	
TUESDAY	DINNER:	
TUESDAY	SNACKS:	
WEDNESDAY	BREAKFAST:	
WEDNESDAY	LUNCH:	
WEDNESDAY	DINNER:	
WEDNESDAY	SNACKS:	
THURSDAY	BREAKFAST:	
THURSDAY	LUNCH:	
THURSDAY	DINNER:	
THURSDAY	SNACKS:	
FRIDAY	BREAKFAST:	
FRIDAY	LUNCH:	
FRIDAY	DINNER:	
FRIDAY	SNACKS:	
SATURDAY	BREAKFAST:	
SATURDAY	LUNCH:	
SATURDAY	DINNER:	
SATURDAY	SNACKS:	
	CALORIES	

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



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.

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\$10 HIP Challenge

\$10 HIP Exercise

Questions about the Challenges? Send an email to hr4u@fabianobrothers.com or via Paycom's Ask Here

Food Tracker

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

 Number of DAYS you completed the challenge

← Number of MINUTES you Exercised 

**PRINT NAME &
SIGN HERE**

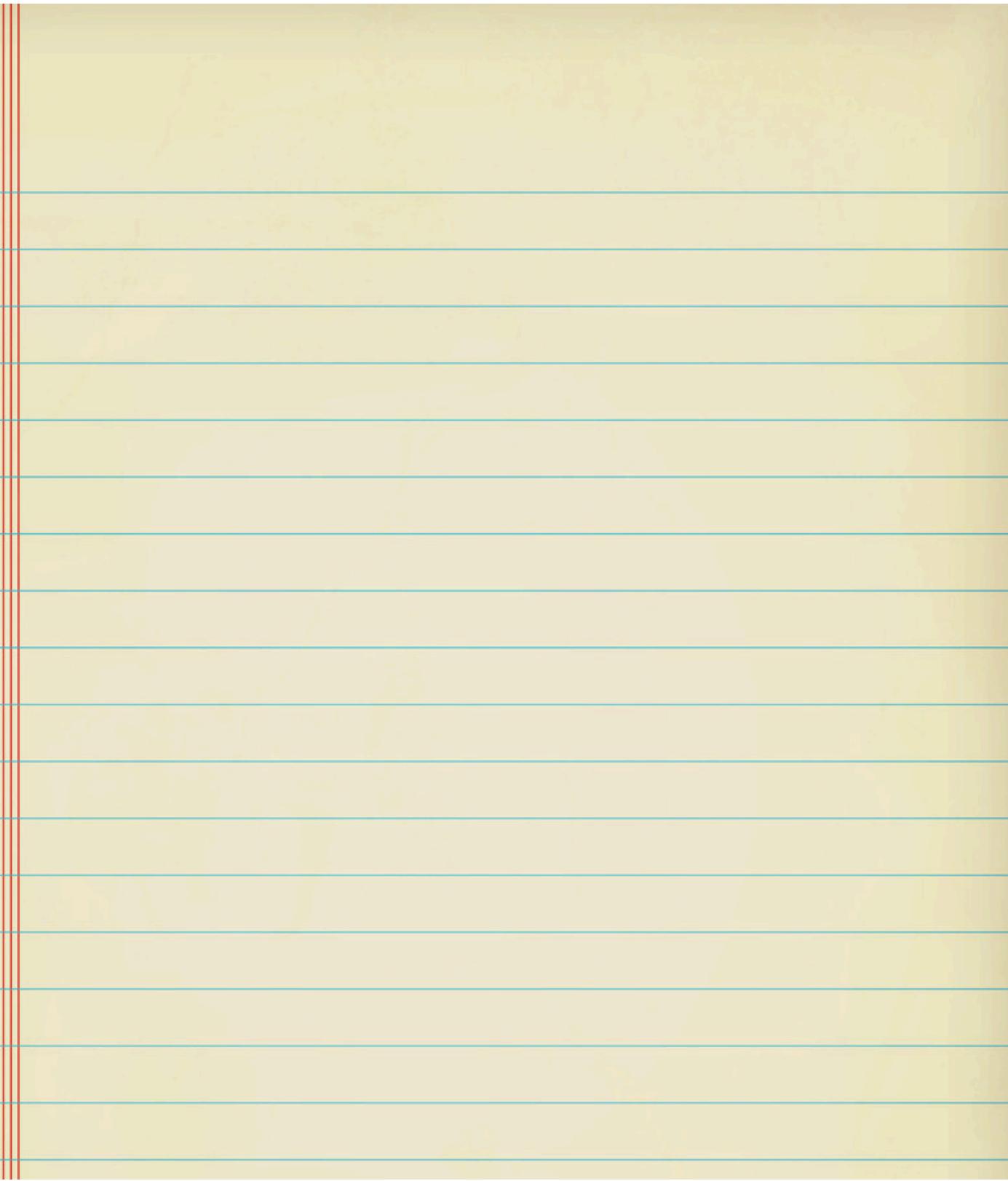
- Date:



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.



This image shows a blank, lined page from a spiral-bound notebook. The page is yellowish-tan with horizontal blue ruling lines. A vertical red margin line is on the left side. The page is part of a spiral-bound notebook, with the spiral binding visible along the right edge. The background behind the notebook is a light-colored wall with a vertical orange stripe.