

# Choose My Plate

March Monthly Challenge -2017

Name: \_\_\_\_\_

## All food choices matter

Over the course of the month, strive to mimic the My Plate icon for your lunch meals. Mark the days you met the challenge!

- March 5-11, follow the guidelines at least once
- March 12-18, follow the guidelines at least twice
- March 19-25, follow the guidelines at least three times
- March 26-31, follow the guidelines at least four times



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Example

