



5 for 5 in July Challenge!
Monday, July 7—Sunday August 3

Does your diet need a makeover?
Join us in our upcoming 4-week nutrition challenge!
<https://mybluehealth.bcbsvt.com/>

- Build your awareness!
- Improve or maintain healthy eating habits!
- Eat and log 5 fruits and vegetables 5 days a week for 4 weeks!
- Log fruits & veggies to earn entries in weekly drawings!
- Earn 50 points toward the 2014 “One Life, Live it Well” Incentive Program *

Completion Requirements*:

- Receive daily nutrition tips from the LiveWell Vermont Wellness Team!
- Learn fun fruit & veggie facts along the way!
- 1. Log 5 fruits & veggies (**2 fruits**; **3 veggies**) for 5 days per week for ALL 4 weeks of the challenge. (Weeks run Monday—Sunday)
- 2. Complete pre- and post-challenge surveys found in “My To Do List” on your dashboard.