



Name: _____
E-mail: _____
Total Points: _____

Track your nutrition points. Earn points as if you're playing in a basketball game. 1 point for simple nutritional changes, 2 points for taking your nutritional habits up a notch, and 3 points or more for the more challenging nutritional habits. 0 points for missed shots on cheat days.



14 - 34 points: You're on your way to being a nutrition superstar! (You win small prize i.e. high-lighters, first aid kit, keychain flashlight).

35 - 55 points: You're a dynamo in the nutrition world! (You win a medium prize i.e. water bottle, lunch tote, backpack).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Center Facebook, Instagram, Tik-Tok, and Snapchat: @ivytechwellandfit Twitter: @ivytechwellness www.ivytech.edu/wellandfit						
					1 2 points Eat a breakfast that includes these 3 food groups: Grains, Dairy, and Fruit	2 2 points Cook all your meals at home rather than eating out.
3 2 points Stick to lean proteins today (i.e. grilled chicken breast, turkey, salmon, yogurt)	4 3 points Substitute a piece of fruit or veggie (i.e. carrot sticks w/ dip, edamame) for a snack	5 3 points No soft drinks today. 	6 2 points Pack a healthy lunch to take with you today.	7 3 points Have at least 1 heart-healthy food with each meal (i.e. salmon, tomato, apple, avocado, walnuts)	8 3 points Avoid eating any processed food today (i.e. canned food, frozen dinners)	9 3 points Visit the grocery after you eat and stock up on healthy foods only.
10 6 points Plan out your meals for the entire week (i.e. cut up fruits and veggies and save them in containers)	11 2 points Don't drink any sugary drinks including juice and soft drinks.	12 2 points Make half your plate fruits and vegetables; go for more color and variety	13 3 points Drink 8 cups of water. 	14 2 points Choose more fresh food rather than processed food.	15 0 points Cheat Day: Reward yourself with something you enjoy (i.e. soft pretzel, pizza, ice cream)	16 1 point Eat 1 green or red vegetable today.
17 2 points Try at least 1 fruit or vegetable you've never had before. 	18 3 points Make your own salad and use kale and spinach as the main part of your salad.	19 9 points Eat a plant-based meal today. (No dairy, meat, eggs, etc. Include fruits, veggies, whole grains, nuts, beans, tofu, etc.)	20 3 points Eat at least 1 meal with all the food groups: Fruits, veggies, grains, protein, and dairy	21 3 points Increase your antioxidants: Try blueberries, green tea, dark chocolate, sweet potatoes, dark green veggies	22 3 points Eat 3 Servings of Fruits and Veggies	23 3 points Try a banana/blueberry smoothie: 1 banana/1 cup of blueberries, 1/2 cup plain yogurt, milk, cup of ice
24/31 6 points Eat 5 servings of fruits and veggies	25 3 points Drink 8 cups of water 	26 9 points Eat 7 Servings of Fruits and Veggies	27 1 point Eat a handful of nuts as a snack today (i.e. almonds, walnuts)	28 2 points Carry a water bottle with you all day and refill it as many times as possible.	29 3 points Substitute a piece of fruit or veggie (i.e. carrot sticks w/ dip, edamame) for a snack	30 3 points No concentrated sweets (i.e. candy, desserts, soft drinks)

56 + points: You're a nutrition ROCK STAR! (You win a large prize i.e. t-shirt, exercise equipment, gift card)