



Eat Better Feel Better

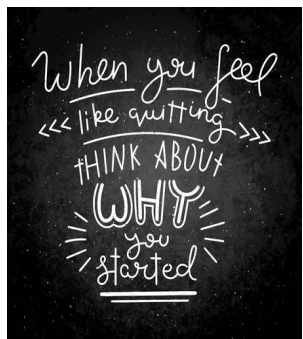
Jan 2nd- Jan 31st / Worth 1 wellness point

Eat Clean in 2019! Nourish yourself by replacing the junk in your diet with nutritious foods that will launch you into a successful year.

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org

Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Jan 30	Jan 31					



I've completed the challenge!

(Print Name)