



About the Challenge

The “5-A-Day Fruit and Vegetable Challenge” benefits your health by adding more fruits and vegetables to your diet. The goal is to eat at least five servings of fruits and vegetables every day for five weeks. You will keep track by using your own personal scorecard.

Dates

- Week 1: Aug. 1-7
- Week 2: Aug. 8-14
- Week 3: Aug. 15-21
- Week 4: Aug. 22-28
- Week 5: Aug. 29-Sept. 4

How to Sign Up

- Go to mybenefits.county.org, select “Get Connected” and click on the “Take the 5-A-Day Challenge” link or, go to www.county.org/5aday and click on the “Register” button;
- Enter your name and email address to receive weekly emails and information about the challenge, or sign-up with your wellness coordinator;
- After signing up, pick up five scorecards from your wellness coordinator or print them from the 5-A-Day website; and
- To find out who your coordinator is, go to www.county.org/healthycoordinators.html.



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Program Instructions

- Simply record the fruit and vegetable servings you eat daily and tally your score (1 serving = 1 point) at the end of the week;
- Total your points for every day of the week—weekends and weekdays; and
- At the end of each week, submit your completed scorecard to your Healthy County wellness coordinator.

Prize Drawings

At the end of the five-week campaign prizes from the drawings will be awarded! Your scorecards are your entry forms. To be eligible to win a prize, your score must be at least 25 points for each week. The more weeks you score at least 25 points, the more chance you have of winning!

The following prizes will be given away at the end of the five-week campaign:

- Three (3) Indoor electric grills;
- Three (3) Oster 12-speed blenders;
- Three (3) One-year subscription to *Cooking Light* or *Men’s Health* magazine; and
- Five (5) Healthy County insulated coolers.

