



## 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. 2-8

**Week 2:** Aug. 9-15

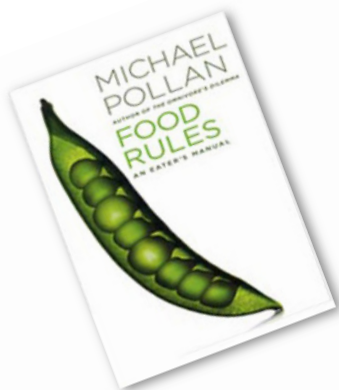
**Week 3:** Aug. 16-22

**Week 4:** Aug. 23-29

**Week 5:** Aug. 30-Sept. 5

## How to Sign Up

- Go to [mybenefits.county.org](http://mybenefits.county.org) , select “get connected” and click on the “Take the 5-A-Day Challenge” link or, go to [www.county.org/5aday](http://www.county.org/5aday)
- 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, you’ll pick up your five scorecards from your wellness coordinator.
- To find out who your coordinator is, go to [www.county.org/healthycoordinators.html](http://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

A drawing for prizes will be held at the end of the five-week campaign! Your scorecards are your entry forms for the prize drawings. To be eligible to win a prize drawing 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:**

(5) George Foreman® Super Champ Grilling Machine;

(5) One-year subscription to *Cooking Light* or *Men’s Health* magazine; and

(10) “Food Rules” by Michael Pollan

