21-Day Challenge Snacking Log

1. For 21 straight days, create a healthy snack from either your recipe book or the Healthy Snack Finder at snackingforsuccess.com. Note: You can also create your own healthy snack by following the guidelines listed in the 21-Day Challenge @ Work FAQs.
2. Record your snacks each day on the Snacking Log below.
3. After the challenge, refer to your log for all of the snacks you want to prepare again.
4. You will receive an email two weeks after the challenge ends. Follow the link to take a brief final assessment and complete your participation in the 21-Day Challenge @ Work.

Date	Name of Snack Recipe or Description of Your Own Snack	Would I Make it Again?