



Congratulations!

You are now registered for the 21-Day Challenge @ Work

Directions

The challenge evaluates snacking habits before, during and after the 21-Day Challenge. We are looking at frequency of snacks that include chips, cookies, candy, soda, energy drinks, fruits and veggies. Please keep a log of snacks both during and after the challenge. The log is provided below. You will refer to the log to answer questions on the post-survey.

1. **Each day** for 21 straight days, create and eat a snack with a fruit or vegetable. Use your recipe book or the “healthy snack finder” at www.SnackingForSuccess.com to choose from hundreds of healthy snacks.

Note: Using the "healthy snack finder" simply type in the name of an ingredient and pick which healthy snack you would like to make.

2. **Track snacks** during and after the challenge, using the log tables below. You may also find it on the sign-up page on the website.

Note: You will use the information in the logs when taking the post-survey.

3. **Complete Survey.** Three weeks after completing the challenge we will send an email to the same address used to register. It will have a link to the online survey to answer a few questions about the challenge.

Note: Please refer to the tracking logs when taking the survey.

You are going to ACE this!!

21-Day Challenge @ Work

Snacking Log

	<u>Description of Snack</u> <i>(example: Peach parfait recipe or chips or cookies or Celery Dippers recipe)</i>	<u>Date</u>	<u>Description of Snack</u> <i>(example: Peach parfait recipe or chips or cookies or Celery Dippers recipe)</i>
Day 1		Day 12	
Day 2		Day 13	
Day 3		Day 14	
Day 4		Day 15	
Day 5		Day 16	
Day 6		Day 17	
Day 7		Day 18	
Day 8		Day 19	
Day 9		Day 20	
Day 10		Day 21	
Day 11			

Post Challenge

Snacking Log

	<u>Description of Snack</u> <i>(example: Peach parfait recipe or chips or cookies or Celery Dippers recipe)</i>	<u>Date</u>	<u>Description of Snack</u> <i>(example: Peach parfait recipe or chips or cookies or Celery Dippers recipe)</i>
Day 1		Day 12	
Day 2		Day 13	
Day 3		Day 14	
Day 4		Day 15	
Day 5		Day 16	
Day 6		Day 17	
Day 7		Day 18	
Day 8		Day 19	
Day 9		Day 20	
Day 10		Day 21	
Day 11			