



Challenge: Go Lean with Protein



challenge

• personal wellness program from SNA •

Protein builds and maintains muscles, is responsible for healthy blood cells and strengthening the immune system. Focus on lean protein choices (animal or plant based.)

Instructions: Award yourself three (3) points for every time you choose a lean protein instead of a higher-fat alternative. Consider foods like turkey, fish, chicken, beans, tofu, etc. Tally your points in the calendar below.

Name _____ Member Number _____ State _____

Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Earned 50 points? Submit your points online at www.schoolnutrition.org/steps by April 4 to be entered in the prize drawing.

Total Points for the Month:

Sponsored by:



Note: The STEPS Challenge is not intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.