Pack-A-Snack Challenge

When a healthy snack option is not nearby or planned, we often eat something quick and unhealthy. So, try to Pack-A-Snack for your workday to help increase your likelihood of making the healthier choice. Also, remember to watch portion control even with healthier snack options.

Choose from the list provided of different healthy snack options and aim for eating at least two healthier snacks per day. Use this tracking sheet to record your progress.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Days Goal Met
Week 1								
Week 2								
Week 3								
Week 4								