

BVS FITNESS CENTRE NUTRITION CHALLENGE

Name: _____

Check off each day that you complete the challenge.

Earn 1 ballot for the first 3 days completed. **Earn an additional ballot** for every additional day.

WEEK 1 FEB 3-9 EAT PLENTY OF VEGETABLES AND FRUITS

Eat at least 1 meal that is half vegetables and fruits.

You can split your plate in half visually or have a mixed meal like stew or chili where half the ingredients are plants.

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

TIP: Measure things that shrink - like spinach - before they hit the heat. Try a mix of cooked and raw veggies on your plate.

WEEK 2 FEB 10-16 MEET RDA FOR FIBRE

Get the recommended amount of fibre each day.

Men: 35g Women: 25g

Read the nutrition facts panel or look up foods for fibre content - apps like Cronometer or MyFitnessPal work well.

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

TIP: Keep the base of veggies and fruits, from last week and choose whole grains, peas, beans and lentils with an addition of nuts and seeds.

WEEK 3 FEB 17-23 DRINK WATER

Drink 2L of water each day.

Especially beneficial if it replaces a sugary option.

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

TIP: Best to spread it out through the day. Sip on a big glass of water at each meal and snack, and before/during/after your workout.

WEEK 4 FEB 24-MAR 2 OPTIMIZE YOUR PROTEIN INTAKE

Get 0.7g of protein per lb of your body weight.

Check out the nutrition panel and/or track using a nutrition app or to see if you're consuming optimal levels of protein.

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

TIP: Include a lean protein source at every meal and snack.

