



# Healthy Eating Challenge

**Pledge form**

**Capital** 

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association.



# Join the Healthy Eating Challenge today!



## How it works

- Sign up with your company's Healthy Eating Challenge coordinator.
- Complete each weekly challenge..
  - » Earn a point for each day you complete the challenge. You can earn up to seven points each week.
  - » Try to earn as many points as possible. A perfect score is 56.
- Keep track of the points you earn weekly during the challenge.
- Complete the challenge and find a healthier version of yourself at the end!
- Keep an eye out for weekly tip sheets that offer creative ideas and “just for the health of it” tips on how to achieve the weekly challenge.

## Go for gold

At the end of the challenge, add up your points and see how you did!

<b>Gold</b>	40 - 56 points	Congratulations! You completed the weekly challenge five to seven times each week. Keep up the good work by including these healthy habits into your daily eating pattern.
<b>Silver</b>	24 - 39 points	Great job! You completed the weekly challenge three or four days each week. You're on your way to making healthy eating an everyday habit.
<b>Bronze</b>	16 – 23 points	You completed the weekly challenge twice each week. You're off to a healthy start! Moving forward, try to make healthy food choices on even more days of the week. You can do it!

## Healthy Eating Challenge pledge form

Instructions: Check the box each day you complete the challenge and tally your weekly score.

### Week 1:

**Eat two cups of fruit every day this week.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Points

### Week 2:

**Eat 2 ½ cups of vegetables every day this week.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Points

### Week 3:

**Swap a high fat meat for a lean protein or plant protein every day this week.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Points

### Week 4:

**Swap a white grain for a whole grain every day this week.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Points

### Week 5:

**Eat three servings of calcium-rich foods every day this week.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Points

### Week 6:

**Swap one food high in saturated fat for a food high in unsaturated fat every day this week.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Points

### Week 7:

**Every day, skip one food or drink high in sugar that you would normally choose.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Points

### Week 8:

**Eat a home cooked meal every day this week, choosing fresh ingredients over processed foods.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Points

**TOTAL POINTS:**

(Add all your weekly scores together to determine this number)

\*This challenge was created based on the United States Department of Agriculture (USDA) Dietary Guidelines for Americans, which are created to help Americans live a healthier life and prevent disease. For more information about the USDA Dietary Guidelines, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

[CapitalBlueCross.com](https://CapitalBlueCross.com)



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HEW-504 (12/12/23)