

# Nutrition Habit Challenge



## Scorecard

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Nutritional Commitment: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

For each day you successfully practice your behavior(s), you receive one point. Record your points in the blank spaces below.

| Week One: | 2/1 | 2/2 | 2/3 | 2/4 | 2/5 | 2/6 | 2/7 | Weekly Total |
|-----------|-----|-----|-----|-----|-----|-----|-----|--------------|
|           |     |     |     |     |     |     |     |              |

| Week Two: | 2/8 | 2/9 | 2/10 | 2/11 | 2/12 | 2/13 | 2/14 | Weekly Total |
|-----------|-----|-----|------|------|------|------|------|--------------|
|           |     |     |      |      |      |      |      |              |

| Week Three: | 2/15 | 2/16 | 2/17 | 2/18 | 2/19 | 2/20 | 2/21 | Weekly Total |
|-------------|------|------|------|------|------|------|------|--------------|
|             |      |      |      |      |      |      |      |              |

| Week Four: | 2/22 | 2/23 | 2/24 | 2/25 | 2/26 | 2/27 | 2/28 | Weekly Total |
|------------|------|------|------|------|------|------|------|--------------|
|            |      |      |      |      |      |      |      |              |

| Week Five: | 2/29 |  |  |  |  |  |  | Weekly Total |
|------------|------|--|--|--|--|--|--|--------------|
|            |      |  |  |  |  |  |  |              |

Challenge Total

- If you accumulate at least 25 points, you are eligible for the prize drawing!
- If you haven't logged your points electronically, turn your Scorecard in at Otto's or any Kish Bank location by 3/8/16.
- Join us for a live prize drawing at Barrel 21 on 3/19/15 from 3:00–4:00 p.m. (You need not be present to win.)

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