

Jump Start

Get a jump start on healthy eating by choosing a breakfast that helps power you for the day. Be sure to choose foods with protein and fiber and remember to hydrate in the morning. Breakfast is the most important meal of the day and choosing wisely can keep you energized and focused!

Challenges

Drink a glass of water in the morning

Have one serving of fruit or vegetables with your breakfast

Include a source of protein (eggs, yogurt, cottage cheese, oats, peanut butter, etc.) at breakfast

June

S	M	T	W	T	F	S
	1	2	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				