

COMMIT TO *NUTRITION*

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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	31	

Fuel your mind and body by practicing good nutrition!
Commit to at least three activities from the list below.

- Drink half your weight in ounces of water. **Check out all the ways hydration fuels you!**
- Read a nutrition label
- Make half your plate fruits and vegetables
- Pack a healthy lunch. **Learn how to prepare a fast healthy meal with Dietician Susie Roberts**
- Reorganize your fridge and pantry

