



Challenge: Kick Start Your Day with Breakfast

Let's honor National School Breakfast Week by taking some time out of our busy mornings for a healthy breakfast that includes whole grains and/or fruit.

INSTRUCTIONS: Start your day off right and give yourself two (2) points for every morning that you enjoy a healthy breakfast. Tally your points in the calendar below.

Name: _____ Member Number: _____

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 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				

Did you earn 50 points this month? Submit your points by **APRIL 6, 2026** to be entered in the prize drawing.



Total Points for the Month

*Please note that this challenge is **not** intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.