

BROWN BAG CHALLENGE

Make it homemade with the Brown Bag Challenge.

It's easy to fall into the habit of dining out too often. But going to restaurants can make it hard to control what and how much you eat. By preparing meals at home and bringing them to work, you can include just what you want and keep a lid on calories, sugar, and sodium.*



CHALLENGE DATES:

Challenge Runs: 2/4/19 - 3/1/19



HOW IT WORKS:

Give yourself one challenge point for each day you make your own meal to bring to work.

The Goal: reach the following points within the four-week challenge to complete each tier (daily max points: 1 per day):

10 points to complete Tier 1

15 points to complete Tier 2

16 points to complete Tier 3

18 points to complete Tier 4

Each tier is worth 250 points, so you can earn a total of 1,000 wellness program points.



Register and track your progress on the SimplyWell® portal. Go to MyCreighton, click on the apple and log in with your NET ID and BLUE password.

*Consult your physician before beginning a new physical activity or nutrition program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

**Questions about this challenge
or your wellness program?
Call 888-833-5828.**