	alth challenge™ week one ack Your Sodium (Salt) Intake			Aim for 1,500 mg daily or less	
DAY	MEAL	FOOD(S)	SODIUM/mg	DAILY TOTAL	Over/ Under
	Breakfast				
SUN.	Lunch				
	Dinner				
	Snack(s)				
	Breakfast				
MON.	Lunch				
M	Dinner				
	Snack(s)				
	Breakfast				
ES.	Lunch				
TUES.	Dinner				
	Snack(s)				
	Breakfast				
<u>.</u>	Lunch				
WED.	Dinner				
	Snack(s)				
	Breakfast				
RS.	Lunch				
THURS.	Dinner				
	Snack(s)				
	Breakfast				
=	Lunch				
FRI	Dinner				
	Snack(s)				
	Breakfast				
H	Lunch				
SAT.	Dinner				
	Snack(s)				

	HEALTH CHALLENGE™ WEEK TWO Track Your Sodium (Salt) Intake			Aim for 1,500 mg daily or less	
DAY	MEAL	FOOD(S)	SODIUM/mg	DAILY TOTAL	Over/ Under
	Breakfast				
ż	Lunch				
SUN.	Dinner				
	Snack(s)				
	Breakfast				
ż	Lunch				
MON.	Dinner				
	Snack(s)				
	Breakfast				
is.	Lunch				
TUES.	Dinner				
	Snack(s)				
	Breakfast				
<u>Ö</u>	Lunch				
WED.	Dinner				
	Snack(s)				
	Breakfast				
RS.	Lunch				
THURS.	Dinner				
	Snack(s)				
	Breakfast				
	Lunch				
FR	Dinner				
	Snack(s)				
	Breakfast				
	Lunch				
SAT.	Dinner				
	Snack(s)				

	ealth challenge™ week three ack Your Sodium (Salt) Intake			Aim for 1,500 mg daily or less	
DAY	MEAL	FOOD(S)	SODIUM/mg	DAILY TOTAL	Over/ Under
SUN.	Breakfast				
	Lunch				
S	Dinner				
	Snack(s)				
	Breakfast				
MON.	Lunch				
	Dinner				
	Snack(s)				
	Breakfast				
ES.	Lunch				
TUES.	Dinner				
	Snack(s)				
	Breakfast				
WED.	Lunch				
×	Dinner				
	Snack(s)				
	Breakfast				
JRS.	Lunch				
THURS.	Dinner				
	Snack(s)				
FRI.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
	Breakfast				
SAT.	Lunch				
	Dinner				
	Snack(s)				

	ALTH CHALLENGE™ WEEK FOUR ACK Your Sodium (Salt) Intake		Aim for 1,500 mg daily or less		
DAY	MEAL	FOOD(S)	SODIUM/mg	DAILY TOTAL	Over/ Under
	Breakfast				
SUN.	Lunch				
S	Dinner				
	Snack(s)				
	Breakfast				
MON.	Lunch				
M	Dinner				
	Snack(s)				
	Breakfast				
TUES.	Lunch				
2	Dinner				
	Snack(s)				
	Breakfast				
ä	Lunch				
WED.	Dinner				
	Snack(s)				
	Breakfast				
THURS.	Lunch				
I	Dinner				
	Snack(s)				
	Breakfast				
	Lunch				
FR	Dinner				
	Snack(s)				
	Breakfast				
H.	Lunch				
SAT.	Dinner				
	Snack(s)				