



# 21-DAY POWER YOUR PLATE CHALLENGE

## INSTRUCTIONS

### Welcome to our virtual nutrition challenge!

Congratulations on joining the challenge and making a commitment to healthy eating! Power Your Plate is a team-based challenge designed to motivate you and help you eat well to live well. It's a fun and engaging way to try new ideas and hopefully inspire you to adopt some healthy habits into your life.

For three weeks, we will focus on simple things you can do eat better and make healthier choices about what and how you consume food. Each week, you'll receive a task card that includes a variety of **healthy eating actions** you can take. Each task is assigned a point value. The more you do, the more you earn!



### Tracking and submitting your healthy eating activities

You may use your weekly task card to track the healthy eating activities that you complete. Each day, visit your team challenge website to submit what you've done. It's simple: click on your Team Name and indicate the activities you've completed. The more tasks you do, the more points you earn for your team! Submitting activities is done on the honour system. We're all here to support each other!

CHALLENGE LEADERBOARD		
RANK	TEAM	POINTS
1 <sup>st</sup>	Super Eaters	875
2 <sup>nd</sup>	The Salad Makers	653
3 <sup>rd</sup>	Red Hot Chili Peppers	423
4 <sup>th</sup>	Chow Town	345
5 <sup>th</sup>	The Gouda Life	326

Track your team's progress on our leaderboard, which you can find on the challenge website. The more activities your team members complete, the more points you gain. Work together to see your team climb to the top! The team with the most points wins the challenge!



Looking for ideas? Visit the Team Challenge Resource Centre for helpful tips, guides, and recipes to support you throughout the challenge!

