

May 2025 – Healthy Breakfast Challenge

You have probably heard—breakfast is the most important meal of the day! Individuals who start their day off with breakfast have a reduced risk of weight gain. Feed your body a healthy breakfast that includes a balance of good carbohydrates, fiber, and lean protein. Breakfast should contain 20—25% of your calorie intake for the day.



Name: _____

Department: _____

Track how many times you eat a health breakfast by logging what you ate and the estimated number of calories it contained.

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

Image credit: <https://www.freepik.com/premium-vector/tasty-breakfast-typographic-word-scrambled-egg-with-vegetables-bacon-delicious-food-morning-yellow-yolk> 13137065.htm

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by June 9th.