



Clay County's Healthy Heart Fruit & Veggie Challenge!

Brought to you by the Clay County Wellness Committee
February 3rd-21st



Play for a chance to win prizes each week!
Complete the challenge all 3 weeks for a chance to win the Grand Prize... a **Fit Bit!**

How to Play!

1. Register [here](#) prior to starting challenge. Weekly reminder emails will be sent to log your results.
2. Eat **5+ servings of fruits or vegetables** each day during the work week.
3. Print this page & shade in the hearts below as you eat your fruit and vegetables.
4. If 5 hearts are shaded in each week, sign up for a chance to win weekly prizes!
5. **Entries will be accepted until 8am Wednesday of the following week!**
5. Attend the "Go Red Event!" on Wed. Feb. 26th to see if you won the Grand Prize!
 - 11:30, 12:00, and 12:30 in Family Services Center Room 4

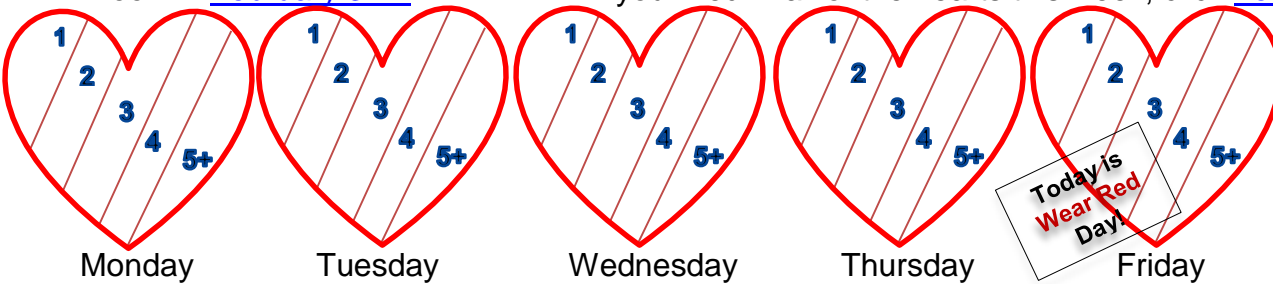
Visit [Fruits and Veggies More Matters](#) to learn how fruits and veggies are heart healthy!

Shade in the hearts to track your fruits & veggies:

Week 1: [February 3-7th](#)

If you filled in all of the hearts this week, click [here](#).

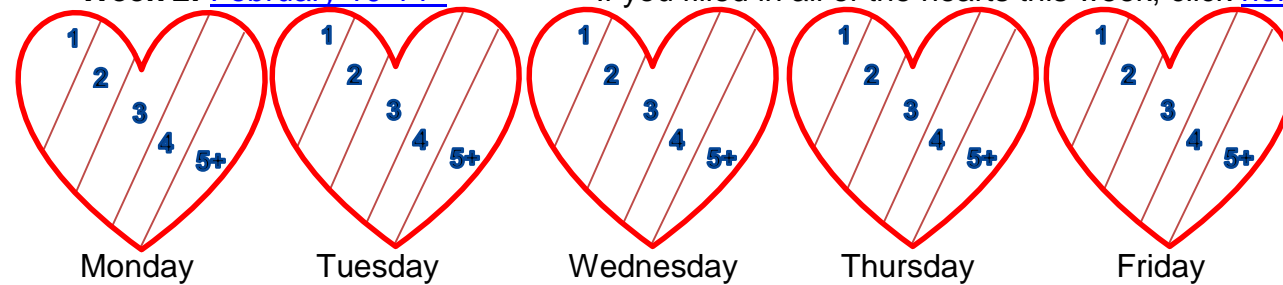
This week's
Prize:
Win 1 of 5
Heart Healthy
Cook Books!



Week 2: [February 10-14th](#)

If you filled in all of the hearts this week, click [here](#).

This week's
Prize:
Win 1 of 5
Exercise Bands!

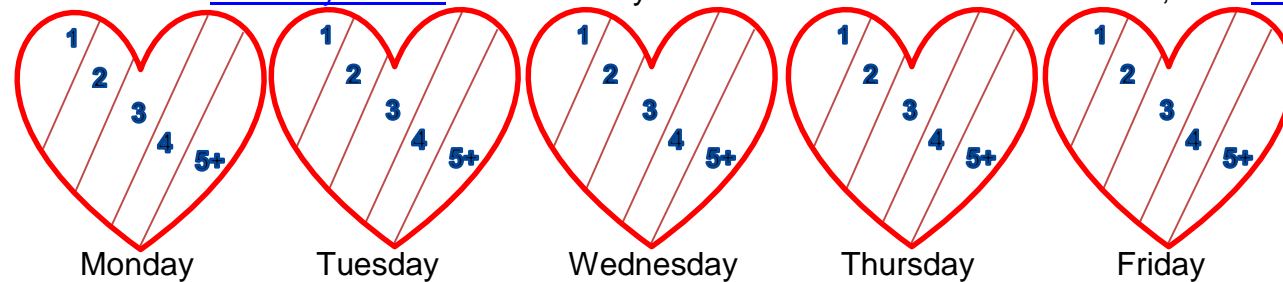


Week 3: [February 17-21st](#)

If you filled in all of the hearts this week, click [here](#).

This week's
Prize:
Win 1 of 5
Hornbacher's
Gift Cards!

Hornbacher's
\$10



The Grand Prize will help you keep a Heart Healthy lifestyle!

You *must* complete all 3 weeks to be entered for the drawing.

One lucky participant will win a *Fit Bit Flex* valued at over \$100!

What is a Fit Bit? Find out [here!](#)



fitbit