

MARCH FITNESS CHALLENGE!

NATIONAL NUTRITION MONTH



MARCH 2026

WEEK 1

ADD MORE COLOR!

Goal: Eat at least 3 different colored fruits & vegetables daily

Why: Different colors = different nutrients.

Challenge Ideas: Try one new fruit or vegetable this week, Post a photo of your most colorful plate, & Keep a "color tracker" checklist.

Bonus: Try a meatless meal one day this week.

WEEK 2

HYDRATION RESET!

Goal: Drink enough water daily ($\frac{1}{2}$ your body weight in ounces is a common guideline).

Focus Areas: Replace sugary drinks with water or herbal tea
Start your day with a glass of water, & Track daily intake.

Mini Challenge:
Add natural flavor (lemon, cucumber, berries).

WEEK 3

BALANCED PLATES!

Goal: Build balanced meals using this formula: $\frac{1}{2}$ plate vegetables, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ whole grains, & Healthy fat included

Activities: Meal prep one balanced lunch, Swap refined grains for whole grains, & Try one plant-based protein

WEEK 4

MINDFUL & SMART CHOICES!

Goal: Improve awareness around eating habits.

Focus On: Eat without screens at least once per day, & Slow down meals (20-minute goal)

Mini Challenge:
Read 3 Nutritional labels this week!

