



Challenge: Go Lean with Protein

Protein builds and maintains muscle, and is responsible for healthy blood cells and strengthening the immune system. Focus on lean protein choices (animal or plant based).

INSTRUCTIONS: Award yourself with three (3) points every time you choose a lean protein instead of a higher fat alternative. Consider beans, chicken, fish, turkey or tofu. Tally your points in the calendar below.

Name: _____ Member Number: _____

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						

Did you earn 50 points this month? Submit your points by **DECEMBER 4, 2025** to be entered in the prize drawing.



Total Points for the Month

*Please note that this challenge is **not** intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.

NOVEMBER 2025



Tracking Sheet