

# Cape Cod Municipal Health Group

## Monthly Challenges



## September Lunchbox Challenge

Our Lunchbox Challenge will require members to focus on packing and eating healthy lunches during the month of September. With school starting there is always a focus on what to put in our lunchboxes. Even if we pack our own lunch year round, this time of the year really makes us take a better look at all our lunches. You will be required to keep a log of lunches under categories: Your Lunchbox, Family Lunchbox, and Bonus Lunchbox. Each item within the categories has points assigned to them. Your goal is to **complete one item every day** and to **earn at least 172 points** during the month. At the end of the month you will turn that completed log in, via picture, in our closed Facebook group: "[Lunchbox Challenge](#)" which is located on the [CCMHG Facebook Page](#).

You will receive 25 Wellness Points if you successfully complete this program! Spouses are also encouraged to participate and, if insured will receive points too. Co-workers that are NOT members of the CCMHG can participate but will not receive points or any prizes associated with the monthly challenges.

### For review you will be required to:

- 😊 Print out the Lunchbox Log Form
- 😊 Join the [Lunchbox Challenge Facebook Group](#)
- 😊 Complete one task every day and credit your points
- 😊 Keep track of your points and brag on Facebook!! Bragging is just another word for sharing ideas and we all need healthy ideas!
- 😊 Celebrate others in our group by commenting or liking posts
- 😊 Earn at least 172 points!
- 😊 Take a photo of your completed Lunchbox Log and post in the Facebook group

### Some extra fun stuff:

- 😊 You can complete any activity as much as you like
- 😊 Share! Share! Share! In the Facebook group and on your own page
- 😊 Celebrate the success of others with likes and comments
- 😊 Celebration Sundays! Share your total points and highlight of the week in the Facebook page

If you have any questions contact Deanna Desroches 508-631-7263 or  
[capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com)



Are you ready to be challenged??

YOUR LUNCHBOX		points					
Veggie packed lunchbox.....	8						
Meat free lunchbox.....	5						
Two fruits lunchbox.....	7						
Protein packed lunchbox.....	7						
Healthy beverage in your lunchbox.....	6						
Salad filled lunchbox.....	7						
Chip free lunchbox.....	5						
Berry wonderful lunchbox.....	5						

FAMILY LUNCHBOX						
Veggie packed lunchbox.....	8					
Meat free lunchbox.....	5					
Two fruits lunchbox.....	7					
Protein packed lunchbox.....	7					
Healthy beverage in your lunchbox.....	6					
Salad filled lunchbox.....	7					
Chip free lunchbox.....	5					
Berry wonderful lunchbox.....	5					

BONUS LUNCHBOX						
On the go healthy lunch.....	9					
Lunch date with a friend/loved one/co-worker.....	4					
Try a tropical fruit.....	5					
"Soup"-er healthy lunch.....	3					
Nuts about nuts.....	4					
Breakfast for lunch.....	6					
Having a lunchtime meeting? Make it a healthy one!**.....	8					
**Bonus points if you video tape it and post it in our group!!!.....	10					
Bring a friend/co-worker/loved one a healthy lunch.....	7					
Add a special note to a lunchbox.....	3					
Choose your own bonus lunchbox.....	5					

**TOTAL LUNCHBOX POINTS**