



Info about the MUSC SuperTracker Group Challenge

What is the SuperTracker Challenge?

- A challenge to help kick start your healthy and new eating habits throughout National Nutrition Month (the month of March)
- Each week will focus on a different food group
 - Vegetables, Fruits, Grains, Protein, and Dairy
- Points are earned by tracking the foods in the food group of the week
- Join the challenge and track your foods to get started! Only your healthy choices get logged.
- Participation alone gets you prizes with a chance to win even more.

Why should I join?

- Promotes new eating habits by helping you focus on what foods you are already eating and what foods you are not eating enough of
- Encourages you to eat a variety of foods in all food groups
- Encourages trying new foods if you notice you are not reaching your intake goals for a specific food group
- Great way to take a stab into new eating habits!

Are there any benefits for signing up?

- First 20 people to sign up get travel coffee mug!
- Everyone who signs up gets coupon for Mindful Meal of the Day and Coupons for Crops
- Everyone who participates is entered into the raffle drawing

Are there prizes?

- At the end of every week, the winner with the most points will get a gift card to Clean EatZ Restaurant (if there is a tie, one person will be randomly selected)
- All participants are entered into the Grand Prize drawing for the end of March

How do I get started?

- Instructions for joining the SuperTracker Challenge and events for the month can be found at: www.mushealth.org/nutrition/mindful

National Nutrition
Month 2017



#NationalNutritionMonth
#NNMatMUSC
#MUSCbitesin

www.Facebook.com/MUSCFoodandNutrition
www.mushealth.org/nutrition/mindful