

Earn Your Turkey - November wellness Challenge

Set a weekly workout goal. (5 active days per week is recommended): _____

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		

The challenge is to work out in order to "earn your turkey" on Thanksgiving. Mark each day you reach your goal.

Please give this to your building wellness rep by December 6th.

(Name/Building)

How many calories are on your Thanksgiving Plate?

1 glass of wine: 121 calories

1 cup of mashed potatoes: 237 calories

1 cup of green bean casserole: 230 calories

1 cup of candied yams: 206 calories

1 cup of cranberry sauce: 420 calories

1 cup of stuffing: 350 calories

1 biscuit: 130 calories

1 pat of butter: 36 calories

3-5 ounces of turkey: 194 calories

1 cup of gravy: 100 calories

1 slice of pumpkin pie: 323 calories

1 slice of apple pie: 411 calorie