

## **Vine Ripe Nutrition's Take Your Lunch to Work Challenge**

**Do a Lunch Assessment:**

**How Often Do You Take Your Lunch to Work?**

**How Often Do You Go Out to Lunch?**

**My Goal:**

**How Many Days Will You Strive to Take Your Lunch to Work?**

**What Are My Obstacles to Bringing My Lunch to Work?**

**What are the Benefits to Bringing My Lunch to Work?**

**Tally Up My Points:**

- 1. How Many Days Did I Bring My Lunch?**
- 2. What Lunch Tips Did I Share on Social Media?**
- 3. How Many People Did I Get Involved?**

