

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?**

