

November Challenge

WHOLE GRAINS

Earn **1 point for each day** you track how many servings of whole grains you ate using Healthy YOU!

Use the app

- Open the Healthy YOU app
- Click on 'Good-4-YOU'
- Enter the number of servings of whole grains you ate that day.
- Click the save icon located on the upper right hand side of the screen.

Use the website

- Visit <https://thehealthyyouprogram.com>
- Click 'Log In' in the upper right corner
- Enter your username and password
- Move your cursor to 'My Health Journal' then click on 'Health Journal'
- Click on 'Good-4-YOU'
- Enter the number of servings of whole grains you ate that day.
- Click 'Save Foods'

Forget to track a day? Use the website and after clicking on 'Health Journal' you can change the date to track your servings of whole grains for previous days.

If you have questions, need assistance or are unable to use Healthy YOU, contact Brandis Stout, Wellness Coordinator - bstout@scs-k12.net or 419-984-1071