

October *Healthy* YOU Challenge

VEGETABLES

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

Use the app

- Open the Healthy YOU app
- Click on 'Good-4-YOU'
- Enter the number of servings of veggies 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 veggies 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 veggies 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