

# Healthy Plate Challenge

Focus on your nutrition for the chance to receive a prize!



This month, challenge yourself to eat well-balanced meals every day. A well-balanced nutrition plan includes fruits, vegetables, healthy fats, whole grains and plant or lean animal protein.

## The goal

Update your nutrition tracker for at least 21 days from March 1, 2024 – March 31, 2024 to meet the challenge goal.

## How the challenge works

1. Log in to your Sharecare account or register at [stateoftn.sharecare.com](https://stateoftn.sharecare.com).
2. Find **Challenges** under the **Achieve** icon.
3. Look for the **Healthy Plate Nutrition Challenge** and click **Join**.
4. Track your diet at least 21 days from March 1 to March 31.

## How do I track for this challenge?

Each day, log into [stateoftn.sharecare.com](https://stateoftn.sharecare.com) and select **Track**, then **Diet**. Aim to stay in the green by eating well-balanced meals.

There are two ways to update the tracker:

1. **Manual logging:** Select from the available options. Then enter your **Meal Quality** information about your meal choices that day.
2. **Photo logging** (available in the Sharecare app only): Take or upload photos of your meals and snacks throughout the day. You'll receive ratings on the foods you're eating.

## Enter the giveaway

The **first 100 people** to meet the challenge goal will receive a **bento box**, so you can take your healthy foods on-the-go!



Have more questions? Call **888-741-3390**, Monday - Friday 8 a.m. - 8 p.m. CT or visit [Sharecare.com/tnwellness/quarterly-challenges/](https://Sharecare.com/tnwellness/quarterly-challenges/) to learn more.