Sign-Up Sheet

Take the first step to a healthier life by participating in the Fruits and Vegetables Challenge. The Challenge offers "quick tips" to help you eat more fruits and vegetables and a log sheet where you can track your points. Sign up below to participate!.

Solving the Puzzle of Moving More begins on _____.

Sign-up by _____ to participate.

Name	Phone	E-mail

WORK Well NC

WorkWell NC Turnkey Program

Fruits and Vegetables Challenge