

HEALTHY LUNCH CLUB

OCTOBER 2009

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Always follow your primary care provider's recommendations if the program guidelines interfere with any medical treatment or condition. This action will constitute compliance to this program.		Now you can eat out and eat healthy!		1 <input type="checkbox"/> Healthy Lunch	2 <input type="checkbox"/> Healthy Lunch	3 <input type="checkbox"/> Healthy Lunch
4 <input type="checkbox"/> Healthy Lunch	5 <input type="checkbox"/> Healthy Lunch	6 <input type="checkbox"/> Healthy Lunch	7 <input type="checkbox"/> Healthy Lunch	8 <input type="checkbox"/> Healthy Lunch	9 <input type="checkbox"/> Healthy Lunch	10 <input type="checkbox"/> Healthy Lunch
11 <input type="checkbox"/> Healthy Lunch	12 <input type="checkbox"/> Healthy Lunch	13 <input type="checkbox"/> Healthy Lunch	14 <input type="checkbox"/> Healthy Lunch	15 <input type="checkbox"/> Healthy Lunch	16 <input type="checkbox"/> Healthy Lunch	17 <input type="checkbox"/> Healthy Lunch
18 <input type="checkbox"/> Healthy Lunch	19 <input type="checkbox"/> Healthy Lunch	20 <input type="checkbox"/> Healthy Lunch	21 <input type="checkbox"/> Healthy Lunch	22 <input type="checkbox"/> Healthy Lunch	23 <input type="checkbox"/> Healthy Lunch	24 <input type="checkbox"/> Healthy Lunch
25 <input type="checkbox"/> Healthy Lunch	26 <input type="checkbox"/> Healthy Lunch	27 <input type="checkbox"/> Healthy Lunch	28 <input type="checkbox"/> Healthy Lunch	29 <input type="checkbox"/> Healthy Lunch	30 <input type="checkbox"/> Healthy Lunch	31 <input type="checkbox"/> Healthy Lunch
<i>www.healthierWY.org/lunch</i>						25 DAYS REQUIRED FOR HWY CREDIT AND DRAWING

After registration, please report your progress online anytime during October using your **HWY Code** printed below your name in the address on the back of this card. **The State of Wyoming cares about your health, safety, and well-being!**

NO INTERNET ACCESS?

Must be postmarked no later than 11/15/2009 to receive HWY Credit.

HWY CODE:

IHW Processing Center - Healthier WY
 10580 N. McCarran Blvd #115-397
 Reno, Nevada 89503