



Fruit &
Veggie Challenge
**WATCH
YOUR SIX**



Preventative
Health Month

28 Day Challenge
August 4-31

Will you accept the challenge to get
6 servings of fruits and vegetables for
#PreventativeHealthMonth?!

Record your intake daily for 28 days for
a chance to win weekly prizes and
an entry in an opportunity drawing to win
the grand prize.

Register Now
at Eventbrite



Contact MCRD Human Performance for more info:

(619) 957-9113 | mcrdsd.humanperformance@usmc-mccs.org or visit

<https://sandiego.usmc-mccs.org/recreation-fitness/fitness/health-wellness-education/human-performance>