



WEEK	ACTION/ACTIVITY	RESOURCES
Week of December 26th	<ul style="list-style-type: none"> Start planning for December Consider promoting Healthy Weight Week January 15th – 21st Consider having a lunch and learn or training on nutrition Consider running a No Junk Food Challenge or Move More Challenge Promote any events on company's social media site and company intranet sites 	<ul style="list-style-type: none"> Guide – Anthem: Healthy Eating Toolkit - Anthem: Fitness and Nutrition Toolkit Resources page – Nutrition.gov: Healthy Eating Resource page- National Healthy Weight Week Challenge guide – Anthem: Move More Challenge Challenge example – No Junk Food Challenge
Week of January 2nd	<ul style="list-style-type: none"> <i>Distribute brochure Start Simple with MyPlate Today</i> <i>Promote challenge and nutrition training</i> <i>Promote Healthy Weight Week January 15th – January</i> <i>Purchase attendance/participation incentives</i> 	<ul style="list-style-type: none"> Brochure – Nutrition.gov: Start Simple with MyPlate Today
Week of January 9th	<ul style="list-style-type: none"> Promote and implement challenge and nutrition training Distribute video Carbs and Sugar 	<ul style="list-style-type: none"> Video – Anthem: Carbs and Sugar
Week of January 16th	<ul style="list-style-type: none"> <i>Celebrate National Healthy Weight Week</i> <i>Distribute flyer Set Yourself up for Weight Loss Success</i> <i>Continue challenge</i> 	<ul style="list-style-type: none"> Flyer – Anthem: Set Yourself up for Weight Loss Success
Week of January 23rd	<ul style="list-style-type: none"> <i>Distribute flyer Eating Healthy on a Budget</i> <i>Wrap up challenge</i> 	<ul style="list-style-type: none"> Flyer- Anthem: Eating Healthy on a Budget
Week of January 30th	<ul style="list-style-type: none"> <i>Distribute challenge rewards</i> <i>Distribute Flyer Make Better Beverage Choices</i> 	<ul style="list-style-type: none"> Flyer – Nutrition.gov: Make Better Beverage Choices