



State of Rhode Island

Rewards for Wellness

“5-week Online Nutrition Tracker”



During the Rewards for Wellness, “5-week Online Nutrition Tracker” activity, you will use MyPlate as a reference and keep track of what you eat at each meal (breakfast, lunch, and dinner). Please use the below chart to keep track of how many of your daily meals meet the ideal MyPlate meal standard. Compare your daily meals to MyPlate. Then mark down a zero, one, two or three for each day based on how many of your daily meals looked like MyPlate. At the end of the week, go to the online nutrition tracker at www.wellness.ri.gov and enter your total score for the week (0-21).

How many meals today did your plate look like MyPlate?



	MONDAY (0-3)	TUESDAY (0-3)	WEDNESDAY (0-3)	THURSDAY (0-3)	FRIDAY (0-3)	SATURDAY (0-3)	SUNDAY (0-3)	TOTAL (0 - 21)
WEEK 1 2/1 - 2/7								
WEEK 2 2/8 - 2/14								
WEEK 3 2/15 - 2/21								
WEEK 4 2/22 - 2/28								
WEEK 5 2/29 - 3/6								

In order to qualify for the \$50 co-share credit, you must complete the 5-week Online Nutrition Tracker activity between February 1, 2016 and March 6, 2016, and obtain your Nutrition Tracker Completion Certificate as detailed below.

Obtain your Nutrition Tracker Completion Certificate by visiting www.wellness.ri.gov, entering your weekly scores into the online tracker, submitting the completed online tracker containing entries for each week of the activity, and completing the required questionnaire before Thursday, March 10, 2016.

*All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying the State employee medical co-shares that are posted at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit.

ChooseMyPlate.gov website and icon courtesy of the U.S. Department of Agriculture.

