Healthy Breakfast Challenge
GIVE YOUR MORNINGS A BOOST

Eating a healthy breakfast will propel your day into a positive motion. Properly fueling your body first thing in the morning will minimize brain fog and improve focus. To receive credit for this activity, track a healthy diet by eating a well-balanced diet daily. Start your day with a balanced breakfast for at least 21 days this October and watch your whole mood and day improve!

The goal

Update your diet tracker daily. Then, stay in the green by eating "excellent" or "good" quality meals for at least 21 days in October.

How the challenge works

1. Log in to your Sharecare account or register at **lahealthconnect.sharecare.com**.
2. Find the **Challenges** under the **Achieve** icon.
3. Look for **Healthy Breakfast Challenge** and click **Join**.
4. Track your diet daily during the month of October.

How do I track my diet?

Log in to the Sharecare app to update your trackers each day. To update your diet tracker, select **Track**, then select **Diet**. Select your **Meal** from the drop-down menu; then select the **Quantity** and the **Quality**. Aim to stay in the green by eating "excellent" or "good" quality meals each day.

Have questions?

Call **855-430-5272** to learn more or visit **lahealthconnect.sharecare.com**.