



## SUBWAY® SUNDAY CHALLENGE

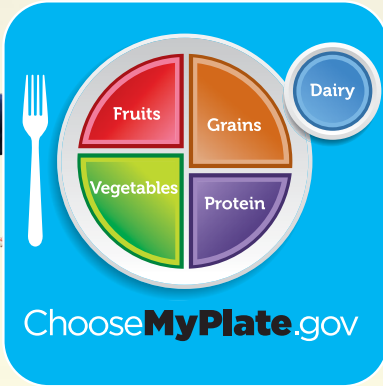
Log your healthy eating and 60 minutes of play each day, then bring your tracker to your local Subway® restaurants on Sundays and get a **60¢ 6-inch sub** with purchase of a separate meal!

Once you've tracked your week, sign off below to let us know you are ready for your 60¢ 6-inch sub!

This week, my healthiest day was \_\_\_\_\_!

X \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
SIGN DATE

Must present Fuel Up To Play 60 Play & Nutrition tracker filled out each day with healthy eating and 60 minutes play time to redeem. At participating restaurants for in-restaurant orders only. Extras addt'l. Plus tax. no addt'l discounts/coupons. ©/© Subway IP LLC 2020.



DAY 1

Today, I ate healthy items from the following food groups:

Dairy  Fruits  Vegetables  Whole Grains  Protein

The healthiest thing I ate today was: \_\_\_\_\_

I got 60 minutes of physical activity by: \_\_\_\_\_

DAY 2

Today, I ate healthy items from the following food groups:

Dairy  Fruits  Vegetables  Whole Grains  Protein

The healthiest thing I ate today was: \_\_\_\_\_

I got 60 minutes of physical activity by: \_\_\_\_\_

DAY 3

Today, I ate healthy items from the following food groups:

Dairy  Fruits  Vegetables  Whole Grains  Protein

The healthiest thing I ate today was: \_\_\_\_\_

I got 60 minutes of physical activity by: \_\_\_\_\_

DAY 4

Today, I ate healthy items from the following food groups:

Dairy  Fruits  Vegetables  Whole Grains  Protein

The healthiest thing I ate today was: \_\_\_\_\_

I got 60 minutes of physical activity by: \_\_\_\_\_

DAY 5

Today, I ate healthy items from the following food groups:

Dairy  Fruits  Vegetables  Whole Grains  Protein

The healthiest thing I ate today was: \_\_\_\_\_

I got 60 minutes of physical activity by: \_\_\_\_\_