* Eat a serving of both fruits and vegetables, with every meal of the day, at least 3 times a week for the month of October 2015.

![C:\Users\blemon\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\V53Q92OU\10572622-heart-from-vegetables-and-fruit-isolated-on-white-background-vector-illustration[1].jpg]()

* Complete the “Spooktacular 30 Day Total Body Challenge” for the month of October 2015



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!