Dolores Sablan

BE-111-07

Dr. Kimberly Bunts-Anderson

My 30-day challenge was based on eating healthy food on the daily. It was a really good one in which would also benefit a lot of us and could possibly be a huge impact on others, regarding their health. For this challenge, I purchased fruits and vegetables to eat as a salad or a meal with other foods and condiments. However, there were some setbacks in this challenge. Eating healthy was also pretty expensive. To purchase healthy foods on the daily actually cost a lot. On another note, as most of us can relate, Typhoon Yutu affected my schedule and the challenge itself. As stated, the challenge was set to be done from October 1st to November 1st. Typhoon Yutu hit on October 24, in which we only had six days left of the challenge. Everyone was focused on recovering, therefor we hadn’t any time to focus on school assignments. Many of us constantly ate canned goods on the daily because there were hardly any fresh fruits or vegetables in stores, which really affected this challenge. I was able to keep record and track the previous pictures of our meals prior to the typhoon. For the remaining days of what was left of the challenge, I proceeded to keep record and took pictures of meals to fill in the gaps. This was definitely a challenge because it was hard to resist the food that we crave on the daily. However, I feel that it did benefit me in regards to my health. I did feel more energized and felt more good after eating fruits and vegetables. I enjoyed the satisfaction that it gave me when I ate healthy foods. There were some struggles, but I am satisfied that I completed this challenge and I am positive that my desire to eat more healthy would increase because of this challenge.