



## 2016 REGISTRATION FORM

Participants who drink eight 8-ounce glasses of water  
8 days during the month will be entered into a drawing for a prize!

### Participants will receive:

- Plastic containers & an 8 oz. cup
- Weekly motivational & educational emails

### Participants will track:

- Daily servings of each food group
- Water intake

### Registration is open:

June 13 – 24

### The program runs from:

July 5 – 29

### Tracking logs are to be submitted:

August 1 - 5

### Department/Location (Check One):

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 1520 Market                    | <input type="checkbox"/> C.J.C.         | <input type="checkbox"/> Refuse: N/S         |
| <input type="checkbox"/> Airport                        | <input type="checkbox"/> Communications | <input type="checkbox"/> Streets             |
| <input type="checkbox"/> Brd of Elect.                  | <input type="checkbox"/> Family Court   | <input type="checkbox"/> Equip Serv.         |
| <input type="checkbox"/> Broadway Buildings<br>Division | <input type="checkbox"/> Fire Dept/EMS  | <input type="checkbox"/> Water: C.O.R.       |
| <input type="checkbox"/> Carnahan                       | <input type="checkbox"/> Forestry       | <input type="checkbox"/> Water: Howard Bend  |
| <input type="checkbox"/> City Hall                      | <input type="checkbox"/> M.S.I.         | <input type="checkbox"/> Water: Kingshighway |
| <input type="checkbox"/> Civil Court                    | <input type="checkbox"/> Parks/Rec      | <input type="checkbox"/> Water: McRee        |
|   | <input type="checkbox"/> Police         |  |

Please print legibly

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Email: \_\_\_\_\_

\*By signing this, you indicate that you have read all the program rules in their entirety and fully understand and agree to the terms and all questions have been answered. You also agree that all exercise and participation in this program is done at the risk of the individual participating. You are giving consent to waive liability from The City of St. Louis, BJC HealthCare, and all parties associated with them, for personal injury, including bodily injury and death. If you have any medical conditions that may limit your participation, please contact your physician before participating.

Contact: Lisa Banotai

email: BanotaiL@stlouis-mo.gov fax: (314) 612-1488



**BJC** HealthCare

Food Group	Serving Size	Number of Servings per Day	Examples
fruits	<ul style="list-style-type: none"> <li>• 1 medium size fruit</li> <li>• <math>\frac{3}{4}</math> cup dried fruit</li> <li>• <math>\frac{1}{2}</math> cup fresh, frozen or canned fruit</li> <li>• <math>\frac{1}{2}</math> cup fruit juice</li> </ul>	4-5	<ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> cup frozen strawberries</li> <li>• <math>\frac{1}{2}</math> cup 100% Welch's grape juice</li> <li>• 1 medium apple</li> <li>• <math>\frac{1}{4}</math> cup dried apricot</li> </ul>
vegetables	<ul style="list-style-type: none"> <li>• 1 cup raw leafy veggies</li> <li>• <math>\frac{1}{2}</math> cup cut-up raw veggies</li> <li>• <math>\frac{1}{2}</math> cup vegetable juice</li> </ul>	3-5	<ul style="list-style-type: none"> <li>• 1 cup spinach</li> <li>• <math>\frac{1}{2}</math> cup sauteed yellow squash</li> <li>• <math>\frac{1}{2}</math> cup V8 juice</li> </ul>
grains	<ul style="list-style-type: none"> <li>• 1 oz.</li> <li>• 1 cup uncooked</li> <li>• <math>\frac{1}{2}</math> cup cooked</li> </ul>	6-8	<ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• 1 oz Cheerios (dry)</li> <li>• <math>\frac{1}{2}</math> cup cooked rice</li> </ul>
proteins	<ul style="list-style-type: none"> <li>• 3 oz.</li> </ul>	1-2	<ul style="list-style-type: none"> <li>• 3 oz. baked chicken</li> <li>• 3 oz. grilled fish</li> </ul>
dairy	<ul style="list-style-type: none"> <li>• 1 cup</li> </ul>	2-3	<ul style="list-style-type: none"> <li>• 1 cup skim milk</li> <li>• 1 cup low-fat yogurt</li> <li>• <math>1\frac{1}{2}</math> oz low-fat cheddar cheese</li> </ul>
oils/fats	<ul style="list-style-type: none"> <li>• 1 teaspoon</li> </ul>	2-3	<ul style="list-style-type: none"> <li>• 1 tsp butter</li> <li>• 1 tsp vegetable oil</li> <li>• 1 Tbsp Italian salad dressing</li> </ul>