



**Online nutrition education lessons anytime, anywhere with ONE!**

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

ID Number: \_\_\_\_\_

Please complete by: \_\_\_\_\_

**Let's get started!**

1. Log in to your nutrition-one.com account.
2. Click the Lessons tab and choose a lesson.
3. Complete the lesson, next steps and click Done.



**ONE will let your program know that you completed a lesson.**



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