



FRUIT AND VEGGIE CHALLENGE

Keep track and see how many fruits and veggies you're eating. If you're not meeting the recommended daily amounts, try to improve your record or challenge your family to a weekly competition! Make copies of this chart and use it to track your success by listing the fruits and veggies you eat each day!

WEEK:	FRUITS	VEGETABLES
	Goal: At least 4 each day	Goal: At least 5 each day
Monday	1. 4. 2. 5. 3.	1. 4. 2. 5. 3.
Tuesday	1. 4. 2. 5. 3.	1. 4. 2. 5. 3.
Wednesday	1. 4. 2. 5. 3.	1. 4. 2. 5. 3.
Thursday	1. 4. 2. 5. 3.	1. 4. 2. 5. 3.
Friday	1. 4. 2. 5. 3.	1. 4. 2. 5. 3.
Saturday	1. 4. 2. 5. 3.	1. 4. 2. 5. 3.
Sunday	1. 4. 2. 5. 3.	1. 4. 2. 5. 3.
WEEKLY TOTALS:		