



**Working~Well challenges you to eat
4 servings of fruit and 5 servings of vegetables
each day.**

*Fill in the apples and broccoli below to track the servings of
fruit and vegetables you are eating each day.*

Day 1 	Day 2 	Day 3 	Day 4 	Day 5
Day 6 	Day 7 	Day 8 	Day 9 	Day 10
Day 11 	Day 12 	Day 13 	Day 14 	Day 15
Day 16 	Day 17 	Day 18 	Day 19 	Day 20
Day 21 	Day 22 	Day 23 	Day 24 	Day 25

WHAT'S A SERVING?

FRUITS

1 Medium Fruit = About the size of your fist	Fresh, Frozen or Canned = 1/2 CUP	Dried = 1/4 CUP	Fruit Juice = 1/4 CUP
---	--------------------------------------	--------------------	--------------------------

VEGETABLES

Raw Leafy Vegetables = 1/2 CUP	Fresh, Frozen or Canned = 1/2 CUP	Vegetable Juice = 1/2 CUP
-----------------------------------	--------------------------------------	------------------------------

Number of daily servings and serving sizes are in accordance with the American Heart Association.