

Fruits & Veggies Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Directions Write in the total number of serving of fruits and vegetables you consume in each day's box.	GOAL _____ servings of Fruits and Vegetables per week. (min. of 14 servings per week)	1 Daily # of servings = _____	2 Daily # of servings = _____	3 Daily # of servings = _____	4 Daily # of servings = _____	5 Daily # of servings = _____
6 Daily # of servings = _____	7 Labor Day Daily # of servings = _____	8 Daily # of servings = _____ Total # of Servings this week = _____	9 Daily # of servings = _____	10 Daily # of servings = _____	11 Daily # of servings = _____	12 Daily # of servings = _____
13 Daily # of servings = _____	14 Daily # of servings = _____	15 Daily # of servings = _____ Total # of Servings this week = _____	16 Daily # of servings = _____	17 Daily # of servings = _____	18 Daily # of servings = _____	19 Daily # of servings = _____
20 Daily # of servings = _____	21 Daily # of servings = _____	22 Daily # of servings = _____ Total # of Servings this week = _____	23 Daily # of servings = _____	24 Daily # of servings = _____	25 Daily # of servings = _____	26 Daily # of servings = _____
27 Daily # of servings = _____	28 Daily # of servings = _____	29 Daily # of servings = _____	30 Daily # of servings = _____ Total # of Servings this week = _____		Meet Your Weekly Goal? Week 1 Y___ N___ Week 2 Y___ N___ Week 3 Y___ N___ Week 4 Y___ N___	DONE Turn in your card

Week 1 =

Week 2 =

Week 3 =

Week 4 =

Directions for Participation

1. Print this Fruits & Veggies Challenge calendar
2. Set your own weekly servings goal and then write that number in the “GOAL” box. This goal must be 14 servings a week or greater.
3. Each day write down the total number of fruits and vegetables that you consume in that day’s box.
4. At the end of the week add up the total number of serving consumed and write that number in the appropriate box. Do this for the entire month of September. For Example: For week 1, add the daily number of servings you consumed and wrote down in boxes 1-8 and write the total on the Total # of Servings this week line in box 8. For week 2, add boxes 9-15 and write the total on the Total # of Servings this week line in box 15. For week 3, add boxes 16-22 and write the total on the Total # of Servings this week line in box 22. For week 4, add boxes 23-30 and write the total on the Total # of Servings this week line in box 30.
5. At the end of the month, in the “Meet Your Weekly Goal?” box mark x on the line next to the Y if you met your weekly goal. If you did not meet your weekly goal then mark an x next to the N.
6. Turn in your calendar