



Fruits & Veggies Challenge

Take the 7-day fruits and vegetables challenge by aiming to eat the recommended serving amounts for fruits & veggies each day. Track your progress by filling in the chart below. Everyone who is able to complete the challenge will win a prize!

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Your Name: _____

Favorite Veggie:

Favorite Fruit:

Instructions: It is recommended you eat 5 servings of fruits & veggies each day (a serving is the amount that fits in the palm of your hand). Fruits & veggies have powerful antioxidants that help you function at your best! **Your goal is to find and eat 3 servings of vegetables and 2 servings of fruit each day.**

Who will accept the challenge and be named a Fruit & Veggie Champion! When you eat a fruit or veggie color in that symbol for each day.

