

Name: _____

Phone Number: _____

Pre-Challenge Intake:

Fruit: _____ cups Vegetables: _____ cups

Guidelines: 4-6 cups of fruits & vegetables daily

Your New Individual Daily Goal:

Fruit: _____ cups Vegetables: _____ cups

Each day, circle the icon for fruit and/or vegetables if you have met your goal.

Each week, circle the rainbow if you ate a fruit or vegetable from all of the 5 color categories.

"Color Your Health" Challenge



Serving Examples:

1 cup

- 1 large banana
- 1 large orange
- 1 medium pear
- 1 large ear of corn
- 1 medium potato

½ cup

- 16 grapes
- 1 medium cantaloupe wedge
- 4 large strawberries
- 5 broccoli florets
- 6 baby carrots

* Don't forget to choose fruits and vegetables in a variety of colors - red, green, yellow/orange, blue/purple, and white!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Insert dates | <u>Start Date</u> XX | XX | XX | XX | XX | XX | | | | | | | |
| |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies | |
| XX | XX | XX | XX | XX | XX | XX | | | | | | | |
|  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |
| XX | XX | XX | XX | XX | XX | XX | | | | | | | |
|  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |
| XX | XX | XX | XX | XX | XX | XX | | | | | | | |
|  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |  Fruit |  Veggies |
| XX7 | <u>Finish Date</u> XX | XX | XX | XX | XX | XX | | | | | | | |
|  Fruit |  Veggies |  Fruit |  Veggies | | | | | | | | | | |

