

# 7 a day - Fruit and Veggie Challenge

EARN 1 POINT PER DAY IF YOU CONSUME 7 SERVINGS OF FRUIT & VEGGIES TOTAL

| WEEK                       | MON              | TUES             | WED              | THUR             | FRI              | SAT              | SUN              |
|----------------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
|                            | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ |
| 7 SERVINGS<br>=<br>1 POINT |                  |                  |                  |                  |                  |                  |                  |
|                            | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ |
| 7 SERVINGS<br>=<br>1 POINT |                  |                  |                  |                  |                  |                  |                  |
|                            | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ |
| 7 SERVINGS<br>=<br>1 POINT |                  |                  |                  |                  |                  |                  |                  |
|                            | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ |
| 7 SERVINGS<br>=<br>1 POINT |                  |                  |                  |                  |                  |                  |                  |
|                            | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ |
| 7 SERVINGS<br>=<br>1 POINT |                  |                  |                  |                  |                  |                  |                  |
|                            | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ | V_____<br>F_____ |
| 7 SERVINGS<br>=<br>1 POINT |                  |                  |                  |                  |                  |                  |                  |

**Total points \_\_\_\_\_**  
**Goal= 90% completion (38 pts)**

**1 SERVING= ½ c (fresh or cooked), 1 med piece of fruit, or 1 c leafy greens.**

Do not count: legumes/beans (except green beans) as a veggie.

Limit... dried fruit, 100% fruit juice and white potatoes to (½ cup) serving per day.

\*Aim for more vegetables than fruit (ex. 4+ servings of vegetables and a max of 3 servings of fruit).

Vegetables have more health benefits and less sugar than fruit.