Eat Smart: Fruit and Vegetable Challenge

WEEK 1 LOG

Use this log to keep track of your Challenge points each day. Each time that you are able to eat a serving of a fruit or vegetable, mark it as two points below. For a half serving, mark it as one point below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Vegetables								
Fruits								
							Total Challenge Points:	

Please use this log as a tool to track your daily consumption of fruits and vegetables. You do not need to submit this log to Employee Wellness. Please track your total challenge points for each week on the Summary Journal for credit.

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WEEK 2 LOG

Use this log to keep track of your Challenge points each day. Each time that you are able to eat a serving of a fruit or vegetable, mark it as two points below. For a half serving, mark it as one point below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Vegetables								
Fruits								
							Total Challenge Points:	

Please use this log as a tool to track your daily consumption of fruits and vegetables. You do not need to submit this log to Employee Wellness. Please track your total challenge points for each week on the Summary Journal for credit.

Employee Wellness
Wellness webpage
150 W. Congress, 4th Floor
Tucson, Az85701
Ph: (520) 724-8114
Fax: (520) 724-8150

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WEEK 3 LOG

Use this log to keep track of your Challenge points each day. Each time that you are able to eat a serving of a fruit or vegetable, mark it as two points below. For a half serving, mark it as one point below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Vegetables								
Fruits								
							Total Challenge Points:	

Please use this log as a tool to track your daily consumption of fruits and vegetables. You do not need to submit this log to Employee Wellness. Please track your total challenge points for each week on the Summary Journal for credit.

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WEEK 4 LOG

Use this log to keep track of your Challenge points each day. Each time that you are able to eat a serving of a fruit or vegetable, mark it as two points below. For a half serving, mark it as one point below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Vegetables								
Fruits								
							Total Challenge Points:	

Please use this log as a tool to track your daily consumption of fruits and vegetables. You do not need to submit this log to Employee Wellness. Please track your total challenge points for each week on the Summary Journal for credit.

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