



Eat Smart: Fruit & Vegetable Challenge

EIN:

Name:

Use this log to keep track of your fruit and vegetable servings each day. Each time that you are able to eat 1 serving of a fruit or vegetable, mark it as 1 point on this log. Your weekly totals will be calculated automatically. Submit the Log at the end of the challenge to earn your Healthy Lifestyle Activity Points.

Week 1	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Total
Vegetables								
Fruits								
Total Points/Servings								

Week 2	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Total
Vegetables								
Fruits								
Total Points/Servings								

Week 3	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Total
Vegetables								
Fruits								
Total Points/Servings								

Week 4	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Total
Vegetables								
Fruits								
Total Points/Servings								



Eat Smart: Fruit & Vegetable Challenge

EIN:

Name:

Please submit this portion of your total points/servings to earn **15 – 25 Healthy Lifestyle Activity Points (HLAP's)**.

Eat Smart: Fruit and Vegetable Challenge Log Totals

Week 1 Total Servings:

Week 3 Total Servings:

Week 2 Total Servings:

Week 4 Total Servings:

Total Points/Servings:

Total HLAP's:



Total Servings:

HLAP's earned:

50 – 99

15

100 – 199

20

200+

25