

Fruit and Veggies—More Matters

Week 1 Log

Name: _____

School: _____

Week 1 Challenge: Add at least 1 White or Tan/Brown or Blue/Purple fruit or vegetable to at least 1 meal or snack each day.

Write the total number of fruits and veggies you eat in these color groups each day.

Turn completed log into your school office

Monday	Tuesday	Wednesday	Thursday	Friday

