

DAILY FRUIT AND VEGGIE CHALLENGE



MONDAY 01

Fruits: at 4 each day
Veggies: a 5 each day

Fruits: Y N
Veggies: Y N

TUESDAY 02

Fruits: at 4 each day
Veggies: a 5 each day

Fruits: Y N
Veggies: Y N

WEDNESDAY 03

Fruits: at 4 each day
Veggies: a 5 each day

Fruits: Y N
Veggies: Y N

THURSDAY 04

Fruits: at 4 each day
Veggies: a 5 each day

Fruits: Y N
Veggies: Y N

FRIDAY 05

Fruits: at 4 each day
Veggies: a 5 each day

Fruits: Y N
Veggies: Y N

SATURDAY 06

Fruits: at 4 each day
Veggies: a 5 each day

Fruits: Y N
Veggies: Y N

SUNDAY 07

Fruits: at 4 each day
Veggies: a 5 each day

Fruits: Y N
Veggies: Y N

NOTES

Fruits: at 4 each day
Veggies: a 5 each day

Fruits: Y N
Veggies: Y N