

Fruit and Vegetable Log Sheet

Goal: To consume at least 2.5 cups of vegetables AND 2 cups of fruit per day.

Week 1 (Monday, March 29 – Sunday, April 4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups
Vegetables	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups

Week 2 (Monday, April 5 – Sunday, April 11)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups
Vegetables	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups

Week 3 (Monday, April 12 – Sunday, April 18)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups
Vegetables	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups

Week 4 (Monday, April 19 – Sunday, April 25)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups
Vegetables	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups

Week 5 (Monday, April 26 – Sunday, May 2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups
Vegetables	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups	___Cups