# 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)

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

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

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Give a ‘High 5’ Today!
Week 4 (Monday, April 19 – Sunday, April 25)

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

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