5-A-Day Challenge

Instructions

This challenge can be found under the “Tracking and Recognition” section of your toolkit.

This challenge focuses on increasing fruits and vegetables as part of a healthy diet. The challenge starts by finding the baseline number of servings of fruits and vegetables that participants currently eat each day. Then they can evaluate their eating habits and note where they can make changes.

They set a goal to determine how many servings of fruits and vegetables they will eat each day during the month of the challenge. Then can track the number of servings they eat each day on this sheet. It’s your decision on how long to do the challenge, the normal time is anywhere from four to eight weeks.

Share how you completed the challenge! Email us at WFHT.TN@tn.gov or share it on our Facebook page. We’d love to hear about it!
5-A-Day Challenge

Name __________________________

Agency/Department _______________________

*This challenge focuses on increasing fruits and vegetables as part of a healthy diet. The challenge starts by finding the baseline number of servings of fruits and vegetables that you currently eat each day. You can evaluate your eating habits and note where you can make changes. Set a goal to determine how many servings of fruits and vegetables you will eat each day during the challenge. You can track the number of servings you eat each day on this sheet. Stay motivated and stay on top of your tracking!*

<table>
<thead>
<tr>
<th>Week</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td>Total</td>
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