



**WORKING FOR A**  
**HEALTHIER TN**



# 5-A-Day Challenge Tracker

Name \_\_\_\_\_

Department \_\_\_\_\_

**Fruits:** 1 serving = 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit.

**Vegetables:** 1 serving = 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Servings	Average Servings per Day*
<b>My Baseline</b>									
<b>My Goal</b>									
<i>Example</i>	2	4	3.5	3	2.5	2	1	18	2.5
<b>Week 1</b>									
<b>Week 2</b>									
<b>Week 3</b>									
<b>Week 4</b>									

\*Average Servings per Day = Total Weekly Servings ÷ 7