

Fruit and Vegetable Challenge – Pledge Form Directions (Google Chrome)

Fruit & Vegetable Challenge

The American Heart association recommends eating eight or more fruit and vegetable servings everyday. An average adult consuming 2,000 calories daily should aim for 4.5 cups of fruits and vegetables a day. Join in Oakfit's Fruit and Vegetable Challenge and track your intake. The goal of the challenge is to reach 25 servings of fruits and vegetables weekly.

Submit weekly to oakfit@oakgov.com
Due by the following Friday.

Track your Fruits and Vegetables
Goal: 25 servings weekly

EXAMPLE DAY: 1 2 3 4 5 6 7 TOTAL
X X X X X 0 5

WEEK 1	1	2	3	4	5	6	7	TOTAL
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								
								WEEKLY TOTAL

WEEK 2	1	2	3	4	5	6	7	TOTAL
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								
								WEEKLY TOTAL

WEEK 3	1	2	3	4	5	6	7	TOTAL
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								
								WEEKLY TOTAL

WEEK 4	1	2	3	4	5	6	7	TOTAL
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								
								WEEKLY TOTAL

First, click the link on the website to open the pledge form. Once the form is open, click on the download icon (down arrow).

Select the location on your computer that you would like to save the file.

The file will then open up in Adobe Acrobat Pro and you will be able to fill in your name & numbers for each week. Make sure after your information has been inputted to select save as to save it to a place where you can easily find it on your computer.

Submit your form by the weekly deadlines indicated on the website. **Please make sure to check your file that your information has been saved before you send it so you do not submit a blank pledge form.**

Fruit and Vegetable Challenge – Pledge Form Directions (Internet Explorer)

https://wellness.oakgov.com/programs/Documents/VeggieChallenge_Tracker_V2.pdf

File Edit Go to Favorites Help

- New tab Ctrl+T
- Duplicate tab Ctrl+K
- New window Ctrl+N
- New session
- Open... Ctrl+O
- Edit with Word 2016
- Save as... Ctrl+S
- Close tab Ctrl+W
- Page setup...
- Print... Ctrl+P
- Send
- Import and export...
- Properties
- Exit

Fruit & Vegetable Challenge

OAKFIT

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Name/Department: _____
E-mail/Phone: _____

EXAMPLE DAY: 1 2 3 4 5 6 7 TOTAL
X X X X X 5

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Open the link to Pledge Form and click File/ Save As.

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