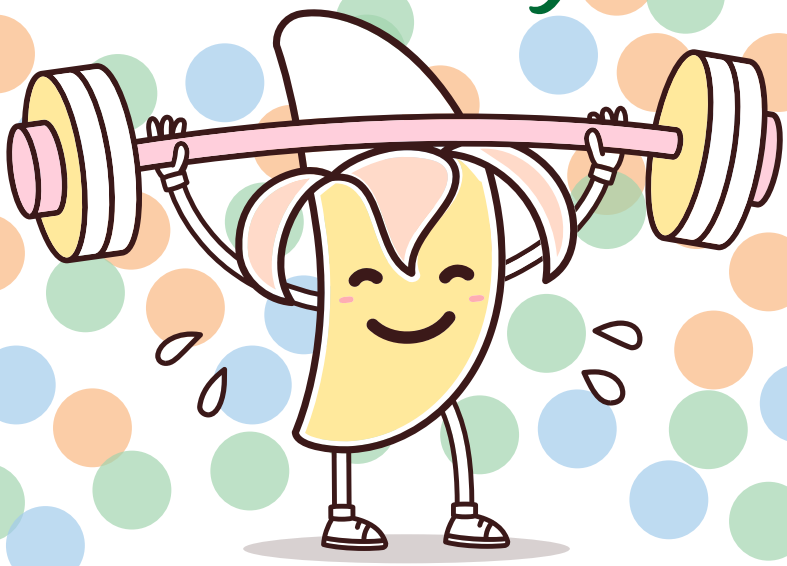
Fruit & Vegetable Challenge



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

Name/Department: _____

E-mail/Phone: _____

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