



Produce Man's HEALTHY CHALLENGE 2018! "Tracking Chart"

*Successfully Completed is **TWO GOALS** at least **5 out of 7** days:

GOAL #1: Eat "5" or MORE servings of fruits and vegetables &

GOAL #2: YOUR CHOICE: Choose either goal & complete the same goal EACH day, for the week.

- 1) Drink "0" regular soda & sugar-sweetened drinks daily (swap out for water or milk)
- 2) Exercise! Move your Body! Be physically active for 30-60 minutes each day!



Directions: For ALL 7 days of your Challenge Week: MARCH

- 1) Write the fruit / vegetable each time you eat ONE serving size at home or school, eat **at least 5 servings EACH day** but try for MORE!
- 2) Choose/circle your 2nd Goal: We should have <25-50 grams added sugar/day from foods/drinks. If you choose to drink "0" sugar-sweetened beverages → put a check mark each day you do NOT drink any. Kids need 60 minutes of exercise daily. If you choose the exercise goal → write in what exercise & how long you exercised aiming for 30-60 minutes each day. Exercise counts DURING the school day too.

Goal #1: Eat "5" Servings of Fruits & Vegetables / Goal #2: **Circle Your Choice**

	1	2	3	4	5 +	TOTAL	Drink "0" sugar-sweetened beverages <u>OR</u> Exercise 30-60 minutes
*Example:	orange juice	broccoli	apple	salad	carrots & kiwi	6	✓ Bike 45 min
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Complete BOTH Goal #1 & Goal #2 at least 5 days & **TURN IN** this Chart to your school:

- ✓ Help your school win money!
- ✓ *All students that successfully complete the Chart receive a FREE Pass to "Laser Kraze Laser Tag & Trampoline Park"
- ✓ Plus the chance to win other prizes!



Name: _____

Teacher's Name: _____

