



Have you had your 5 today?

5 Servings A-Day: Fruit and Vegetable Challenge

Challenge Yourself To A Healthful Habit

NAME: _____ DATE: _____

- ✚ 7 Day Challenge to track the number of servings of Fruits and Vegetables you consume.
- ✚ A diet rich in Fruits and Vegetables may reduce your risk for heart disease, including heart attack and stroke! Eating vegetables and fruits rich in potassium may lower blood pressure, it may also reduce the risk of developing kidney stones and help to decrease bone loss.
- ✚ Need some tips on how to incorporate 5 servings of fruits and vegetables in your life or looking for more healthful recipes, visit www.changeyourlifechallenge.org
- ✚ And remember, "Success is the sum of small efforts, repeated day in and day out" (*Robert J Collier*). So don't get discouraged, strive for 5 and you'll be doing fine!

Information from: http://www.choosemyplate.gov/food-groups/						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Record # of servings eaten each day. Make it 5 and you're on your way!

Note: If a physical condition prevents you from achieving this recommendation, please speak with a physician and alter your intake accordingly.

I, _____, pledge to commit to my health one step at a time and follow this challenge to the best of ability in order to bring more healthful habits into fruition. Date ___/___/___

