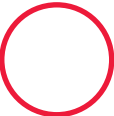

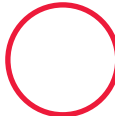


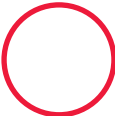




























# 2 Fruit & Veggie tracker!

Have your Mom or Dad help you count the number of cups of **fruits & veggies**, in any form: **fresh, frozen, canned, dried or 100% juice** that you eat each day. At the end of each week total them up. Each time you increase your weekly eating total of **fruits & veggies** by one or more, you can color a star below.

	s	m	t	w	th	f	s	
<b>Week 1</b>	 daily total	 daily total	 daily total	 daily total	 daily total	 daily total	 daily total	=  weekly total
<b>Week 2</b>	 daily total	 daily total	 daily total	 daily total	 daily total	 daily total	 daily total	=  weekly total
<b>Week 3</b>	 daily total	 daily total	 daily total	 daily total	 daily total	 daily total	 daily total	=  weekly total
<b>Week 4</b>	 daily total	 daily total	 daily total	 daily total	 daily total	 daily total	 daily total	=  weekly total



Kids Age	Cup Recommendation
2-3	2-3 cups/day
4-13	3-5 cups/day

**Three out of four stars will earn you a Fruit & Veggie Color Champions™ Certificate and a reward from Mom or Dad!**

(Note to parent: Discuss a suitable reward with your child. It should be something simple, but positive and inspiring. Write the reward on the certificate [page 4] for your child to see, but don't sign it or give it to them until the challenge is completed.)

