



Eat & Live Healthy for the Holidays

Challenge Day 1:



EAT FOUR OR MORE FRUITS & VEGGIES

Track your Challenge Day 1 progress by listing each fruit and veggie serving you eat during the week. Then add the numbers up. If your totals at the end of the first week aren't hitting the mark, then challenge yourself to do even better next week. Wondering how your colleagues are doing? Check out Cook County's private Facebook page and share your experiences. Join the Facebook group at <https://www.facebook.com/groups/Myhealthconnections/>.

WEEK: _____	FRUITS Goal: at least 4 each day			VEGETABLES Goal: at least 4 each day		
Monday	1.	4.		1.	4.	
	2.	5.		2.	5.	
	3.	6.		3.	6.	
Tuesday	1.	4.		1.	4.	
	2.	5.		2.	5.	
	3.	6.		3.	6.	
Wednesday	1.	4.		1.	4.	
	2.	5.		2.	5.	
	3.	6.		3.	6.	
Thursday	1.	4.		1.	4.	
	2.	5.		2.	5.	
	3.	6.		3.	6.	
Friday	1.	4.		1.	4.	
	2.	5.		2.	5.	
	3.	6.		3.	6.	
Saturday	1.	4.		1.	4.	
	2.	5.		2.	5.	
	3.	6.		3.	6.	
Sunday	1.	4.		1.	4.	
	2.	5.		2.	5.	
	3.	6.		3.	6.	
WEEKLY TOTALS:	_____ FRUITS			_____ VEGETABLES		

This information is provided by:

