

TTUHSC—Fruit and Veggie Challenge

Week 1

Weekly Total

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 2

Weekly Total

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 3

Weekly Total

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 4

Weekly Total

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

The Fruit and Veggie Challenge is designed to encourage you to incorporate fruits and vegetables into your diet and daily life. Track the number of servings you eat per day. Depending on the average number of servings per day will determine how many entries you will have into the raffle at the end of the 4 week challenge.

28-83 total or average of 1-2 servings fruit/veggies per day—1 raffle ticket

84-139 total or average of 3-4 servings fruit/veggies per day—2 raffle tickets

140-195 total or average of 5-6 servings fruit/veggies per day—3 raffle tickets

196-252 total or average of 7-9 servings fruit/veggies per day—4 raffle tickets

Disclaimer: Eating fruits and vegetables is necessary for great health, but be sure to EASE into this program if your body is not used to having 5 to 9 servings a day. A rapid increase in the consumption of fruits and vegetables can cause bloating, gas, digestive problems, cramping and loose stools.