



GIMME 5!

Eat 5 servings of fruits & veggies a day for 5 days.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1					
2					
3					
4					
5					

Your favorite fruit or veggie of the day!

Track your progress with this chart. Make it fun and draw a picture of what veggie you ate or check the box for each serving.



Choose a reward to celebrate meeting this challenge! Have your family put together a list of fun, nonfood rewards that don't cost much - e.g., playing outdoors, a family game night, going to a playground, buying a new book, extra reading time before bed. Post the list where the whole family can see it.