

Name: _____

Date: _____

Goal Tracker

My goal is to eat more fruits and veggies.

Circle the number of fruits and vegetables that you ate today. One serving is:

- a medium-sized fruit (banana, apple, pear).
- ½ cup of cut fruit or cooked veggies (the size of a tennis ball).
- 1 cup of raw veggies (the size of a softball).

Monday: 1 2 3 4 5

Tuesday: 1 2 3 4 5

Wednesday: 1 2 3 4 5

Thursday: 1 2 3 4 5

Friday: 1 2 3 4 5

Saturday: 1 2 3 4 5

Sunday: 1 2 3 4 5

Tips

- Be prepared.** Keep washed, ready-to-eat fruit and veggies on hand.
- Be creative.** Add diced tomatoes, carrots, broccoli, onions and mushrooms to sauces, pizza, soups and casseroles.
- Be a role model.** Other family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up.** You may need to see or taste a food 7 to 10 times before you like it!

 My favorite fruit or vegetable I ate this week was: _____

 A new fruit or vegetable I want to try next week is: _____

If you are deaf or hard of hearing, please let us know. We provide many free services including sign language interpreters, oral interpreters, TTYs, telephone amplifiers, note takers and written materials.