

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.*