Vegetable Goal: _____ Food and Veggie Chart for _____ Dates: _____

Fruit Goal: _____

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

List Fruit/Veggie Below

START WITH SELECTING A NUMBER OF FRUITS AND VEGETABLES YOU WISH TO EAT DURING THE WEEK AT THE TOP OF THE PAGE. NEXT, LIST THE FRUIT AND/OR VEGETABLE IN THE FIRST COLUMN TO THE LEFT. MARK EACH DAY WITH A SMILEY FACE, STAR, ETC. WHEN YOU ATE THAT FRUIT OR VEGETABLE. SELECT A REWARD THAT YOU WILL EARN WHEN YOU REACH THE WEEKLY GOAL YOU SET FOR YOURSELF. MAKE COPIES OF THIS CHART SO YOU HAVE A COPY FOR EACH WEEK.