

FRUIT & VEGGIE TRACKER

Kids, count the number of cups of **fruits & veggies** that you eat each day. At the end of each week total them up. Each time you increase your weekly eating total of **fruits & veggies** by one or more, you can color a star below.

Kids Age	Cup Recommendation
2-3	2-3 cups/day
4-13	3-5 cups/day

	SU	M	T	W	TH	F	SA	
WEEK 1	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	=  weekly total
WEEK 2	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	=  weekly total
WEEK 3	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	=  weekly total
WEEK 4	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	<input type="text"/> daily total	=  weekly total

You are on your way to being a healthy eating superstar!