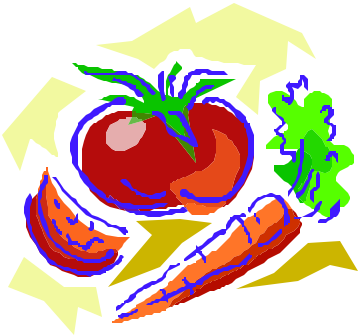
Get Fit With 5 Tracking Chart



DAILY NUMBER OF FRUIT & VEGETABLE SERVINGS

	Breakfast	Lunch	Snacks	Dinner	Total Goal: 5 a Day	Physical Activity Goal: 30 min. 5 days a week
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						