Strive-for-5 Challenge Fruit and Veggie Tracker

Directions: Use this scorecard to keep track of your daily intake of fruit and vegetable servings. In general, a serving of fruit or vegetables (fresh, frozen, canned) equals a medium-sized piece of fruit, 1 cup of cut-up fruit or vegetables, or 1/2 cup fruit or vegetable juice.

Day	#1	#2	#3	#4	#5
Example Monday, Jan 1	1 banana	1 cup carrots	1 cup broccoli	1 apple	1/2 cup fruit juice