## 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 |
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| Example <br> Monday, Jan 1 | 1 banana | 1 cup carrots | 1 cup broccoli | 1 apple | 1/2 cup fruit <br> juice |
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