



## 2010 Wellness Program Documentation Form Fruits & Vegetables Tracking Challenge

This challenge is to track and document your efforts to consume at least five servings of fruits and/or vegetables a day for an average of 25 days within a month, a total of 125 monthly servings is the goal. Use the back of this form to track your servings. Start at the beginning of a month, and at the end of the month, submit the completed form to the Premier Wellness Coordinator. This challenge may be played twice during any two months of the year. Complete the information below:

Employee Name (please print) \_\_\_\_\_

- Complete the tracking sheet on the back of this form.
- Start at the beginning of any month and track your serving consumption to the end of the month.
- Complete the entire form before submittal.

By signing below, you acknowledge that you did complete the challenge for yourself and the information provided is accurate and valid.

Date of submittal \_\_\_\_\_

Signature \_\_\_\_\_

**Note:**

***All private health information shared with the Premier Wellness Coordinator through your involvement in the program is strictly confidential. No other individual or entity will have access to this information without your expressed consent.***



How to track your servings:

Record each serving of fruits or vegetables that you eat. Remember that sometimes you eat more than one serving at a time. A large salad may be at least 2 servings. Use this form to keep track by coloring in a circle for every serving you ate or drank. Total your servings for the month. **GOAL is 125 TOTAL SERVINGS in a MONTH!**

For the Month of \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:	Total Servings Today:

**TOTAL SERVINGS FOR THE MONTH:** \_\_\_\_\_

