



# EAT SMART & WIN!

Week of \_\_\_\_\_

Make copies of this log to continue tracking the fruits & vegetables you eat.  
Keep up the good work!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits							
Veggies							
Total Servings							

[www.energizeecc.com](http://www.energizeecc.com)

Name \_\_\_\_\_ Goal \_\_\_\_\_



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