

Week 1— Figure your Baseline/Set a Goal

- ▶ At the end of week 1, figure the average number of fruit & vegetable servings you ate. To get your average, add up your total servings for all 7 days and divide by 7.
- ▶ This average is your baseline. Use this number to determine your goal.
- ▶ If you don't reach your goal, keep trying and don't give up.
- ▶ Reward yourself for making the effort to choose fruits & vegetables every day!

Your Baseline	Your Goal
0-1	1-2
1-2	2-3
2-3	3-4
3-4	4-5
4-5	5-6
5-6	6-7
6-7	7-8
7-8	9+
8-9	9+
9+	9+

Serving Sizes:

- 1 medium fruit
- 4 oz. 100% juice
- 1/4 cup dried fruit
- 1 cup leafy raw vegetable
- 1/2 cup raw or cooked vegetable
- 1/2 cup fresh, frozen or canned fruit



EAT SMART & WIN!

Week 1

Track the fruits & vegetables you eat each day. Write either the name of the fruit & vegetable or the number of servings. Add up your total servings for the day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits							
Veggies							
Total Servings							

Name _____ Baseline _____