

EAT SMART & WIN!



Choose
fruits & vegetables
every day!

- Make it easy – Make it fast
- Make it fresh, frozen or canned
- Make it colorful

Your Personal Tracking Log

www.energizeecc.com



Use this log packet to track the fruits & vegetables you eat each day for 6 weeks.

- Keeping a log of what you eat is a great way to be more aware of the food choices you make.
- Eating plenty of fruits & vegetables is important to good health.
- During week 1, eat as you usually do and keep track of the fruits & vegetables you eat. This will give you your baseline, the average number of fruit & vegetable servings you usually eat.

Serving Sizes:

1 medium fruit

½ cup fresh, frozen, or
canned fruit

¼ cup dried fruit

½ cup raw or cooked
vegetable

1 cup leafy raw vegetable

4 oz 100% juice