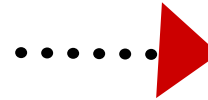


GOAL TRACKER



My goal is to eat more
fruits and veggies!

Date: _____



Circle the number of times you ate fruits and vegetables today.

Monday:	1	2	3	4	5
Tuesday:	1	2	3	4	5
Wednesday:	1	2	3	4	5
Thursday:	1	2	3	4	5
Friday:	1	2	3	4	5
Saturday:	1	2	3	4	5
Sunday:	1	2	3	4	5

➔ My favorite fruit or vegetable that I ate was:

➔ A new fruit or vegetable that I want to try is:

Tips

- ✓ **Be prepared.** Keep washed, ready-to-eat produce on hand so it's always available.
- ✓ **Be creative.** Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- ✓ **Be a role model.** Other family members are more likely to eat fruits and vegetables if they see you eating them.
- ✓ **Don't give up.** You may need to see or taste a food 7 to 10 times before you like it!

