

**Let's Move It!!!**

**Challenge:  
5 A Day (Fruits and  
Veggies)**

# February 2019

tracking sheet


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Directions: Your goal this month is to increase your fruit and vegetable consumption. According to a CDC study only 1 in 10 adults get enough Fruits or Vegetables. Adults should eat 1.5 - 2 Cups of fruit and 2-3 cups of vegetables per day. What is your goal for eating fruits and veggies?  
Give yourself a point for every day you meet the fruit or vegetable requirement. Submit your February points on line by March 5th, at <https://rainier.tedk12.com//records, Monthly Challenge or e-mail Debby Webster>  
**Enter your points by March 5th to be entered in the prize drawing.**

Total Points for the Month:

Name:

Sponsored by:



Rainier School District