

Fruits & Veggies

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			
Day 31			



How many meals (breakfast, lunch, dinner) can you fill half of your plate with fruits and vegetables?

Use this tracking sheet to track your meals each day for filling 1/2 your plate with fruits and vegetables.



TULSA HEALTH
Department
School Health Program