

Natural. Healthy. Canadian.

Name:

Weeks:

# 5 Day Challenge

Nutritionists say that the best health benefits come when you eat between 5 and 9 portions of fruit and vegetables per day.

A "portion" is a half-cup of any fruit or vegetable when it is cut up, except leafy greens, which require a full cup to count as an entire portion.



PERSONAL SCORECARD							
	SUN	MON	TUE	WED	THU	FRI	SAT
Servings							
Servings							
Servings							
Servings							
Servings							
Servings							
Servings							
Servings							
Totals							

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