



# WEEK 2 TRACKING



Let's build healthy habits and have fun doing it!

DAY	VEGGIES (Servings per day)					FRUITS (Servings per day)				
	1	2	3	4	5	1	2	3	4	5
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### BONUS WINS!

- Hit 5 servings of both veggies and fruits any day!
- Eat the rainbow every day!
- Try a new veggie or fruit!
- Track all 7 days!

You've got this!  
Make it fun!

**VEGGIE OPTIONS** – Mix it up and eat the rainbow every day!

Spinach, Kale, Romaine Lettuce, Swiss Chard, Broccoli, Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Carrots, Bell Peppers, Cucumber, Zucchini, Yellow Squash, Cherry Tomatoes, Celery, Beets, Green Beans, Asparagus, Peas, Sweet Potato, Regular Potato, Mushrooms, Onions, Garlic, Eggplant, Radishes, Turnip, Snow Peas, Corn

More colors.  
More nutrients.  
More you!