# Fruits & Vegetables Challenge

**LOGSHEET**

Use this log to keep track of your Challenge points each day. Each time that you are able to eat a fruit or vegetable by trying a "quick tip," mark it as one tally below. Add the total number of tally's at the end of the Challenge and submit your log to the Wellness Center Front Desk by noon on Oct. 3 to be entered into a prize drawing.

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<th>Weekly Total</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Sept. 10-16</td>
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<td>Week 2</td>
<td>Sept. 17-23</td>
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<td>Week 3</td>
<td>Sept. 23-30</td>
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*Must complete at least 2 weeks to be eligible for the prize drawing.

USD Wellness Center's Be Well Series for January
Eat a red fruit or vegetable (like apples, tomatoes, red peppers, beets or strawberries).

Eat a white fruit or vegetable (like potatoes, onions, parsnips, cauliflower, bananas or white peaches).

Eat a yellow/orange fruit or vegetable (like oranges, pineapples, yellow apples, butternut squash, sweet potato, pumpkin or yellow squash).

Eat a blue/purple fruit or vegetable (like blueberries, grapes, purple cabbage or eggplant).

Eat a green fruit or vegetable (like spinach, kiwi fruit, green pear, or asparagus).

Eat one more fruit or vegetable today than you did yesterday.

Eat fruit for a snack or dessert today.

Enjoy vegetable soup for lunch or dinner.

Try a frozen fruit bar (100% juice) for an evening snack

Try one new fruit or vegetable today.

Visit a local farmer's market!

Add more fruits and vegetables to a favorite recipe (pasta, carrot or zucchini to meat loaf, fruit to a dessert).

Add vegetables to your soup, rice or pasta at dinner.

Add vegetables to your sandwich at lunch.

Cut up vegetables for easy access in your refrigerator.

Add canned, dried or fresh fruit to your salad.

Eat two vegetables with dinner.

Bring a bowl of fruit to have on hand and eat a piece when you get hungry at work.

Bring your lunch to work and include at least two servings of fruits or vegetables.

Keep a snack bag of dried fruit (like raisins or cranberries in your purse, brief case or desk at work).

Ask your server if you can choose vegetables for a side dish.

Enjoy a side salad with your lunch or dinner.

Order your pizza with extra vegetables.

Order a salad rather than a sandwich.

Substitute fruit or a salad for fries with a fast food meal.

* Remember: all forms of fruits and vegetables count—fresh, canned, froze. If you choose to drink 100% juice, limit intake to one cup or less per day. If you choose canned fruit, look for those that are packed in juice or water. If you choose canned vegetables, look for no salt added.

Use the suggestion list below to add more fruits and vegetables to your diet. Every time you try one of these tips, count it as ONE tally for the day on your fruit and vegetable challenge log. If you eat a fruit or vegetable that fulfills more that one of the tips from the list, count it as one tally on your challenge log sheet. Aim for 3 or more tallies per day! Turn in your log sheet by noon on Oct. 3 to the Wellness Center Front Desk for your chance to win a prize, drawing held on Oct. 4.