# **Fruit and vegetable tracker**Keep track of how many portions of fruit and vegetables you have each day during Healthy Eating Week. Write what you have in each box. Aim for at least 5 A DAY!

# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Day** | **5 A DAY consumed** | **Daily total** |
| **1** | **2** | **3** | **4** | **5** | **More!** |
| Monday |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |

 **Total for the Week =**