



# Take the 5 A Day Challenge!

Are you ready to take the "5 A Day Challenge?" Use this chart to track your intake of fruits and vegetable over the next seven days and see if you can achieve the "5 A Day" goal of eating 5 to 9 servings of fruits and vegetables every day!

## What's my goal?

Children ages 2 to 6 years, sedentary women, sedentary adults over age 65	5 servings per day	<ul style="list-style-type: none"> <li>○ 1 medium piece of fruit</li> <li>○ ½ cup canned or fresh-cut fruit, in its own juice</li> <li>○ ¼ dried fruit</li> <li>○ 6 ounces 100% fruit or vegetable juice</li> <li>○ ½ cup raw or cooked vegetables</li> <li>○ 1 cup leafy greens</li> </ul>
Children ages 7 to 12 years, teen girls, active women, most men	7 servings per day	
Teen boys, active men	9 servings per day	

## What's a serving?

Strive for 5!	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Serving 1							
Serving 2							
Serving 3							
Serving 4							
Serving 5							
Serving 6							
Serving 7							
Serving 8							
Serving 9							
TOTAL							