



WORKING FOR A
HEALTHIER TN



5-A-Day Challenge Tracker

Name _____

Department _____

Fruits: 1 serving = 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit.

Vegetables: 1 serving = 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Servings	Average Servings per Day*
My Baseline									
My Goal									
<i>Example</i>	2	4	3.5	3	2.5	2	1	18	2.5
Week 1									
Week 2									
Week 3									
Week 4									

*Average Servings per Day = Total Weekly Servings ÷ 7