



# 5 for 5 Challenge: Tracking Chart

Child's Name: \_\_\_\_\_

Parent's Name and e-mail: \_\_\_\_\_

1. Use the chart to write down what fruits and vegetables you eat during the day.
2. Circle the smiley face if you liked it and the frown-y face if you did not.

Day	Serving 1	Serving 2	Serving 3	Serving 4	Serving 5	Serving 6 (optional)	Serving 7 (optional)
Monday							
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
Tuesday							
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
Wednesday							
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
Thursday							
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
Friday							
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️

**Remember, the participant with the greatest variety of fruits and veggies will win a special prize!**

Here is a list some fruits and veggies you can try throughout the week—however, feel free to try items that are not included on this list as well ☺

<b>Fruit or Vegetable</b>	<b>How Much is a Serving?</b>	<b>Fruit or Vegetable</b>	<b>How Much is a Serving?</b>
<i>Apple</i>	1 medium apple	<i>Oranges</i>	2 Satsuma oranges or ½ navel orange
<i>Apricot</i>	3 whole medium fresh or 9 halves dried	<i>Papaya</i>	¼ cup, cubed or mashed
<i>Asparagus</i>	¼ cup, cooked	<i>Peaches (canned)</i>	1 half canned
<i>Avocado</i>	¼ cup, diced or mashed	<i>Peaches or Nectarines</i>	1 small peach
<i>Banana</i>	1 medium banana	<i>Pear</i>	1 medium pear (1/2 cup)
<i>Beans: cooked kidney or black beans</i>	¼ cup	<i>Peas (frozen or canned)</i>	¼ cup
<i>Berries</i>	¼ cup	<i>Pepper Sticks</i>	¼ cup
<i>Broccoli</i>	¼ cup	<i>Pineapple</i>	¼ cup, cubed or 3 sticks
<i>Brussels sprouts</i>	¼ cup	<i>Plums</i>	1 medium plum
<i>Cabbage</i>	¼ cup	<i>Potato (only counts if you eat the skin too :)</i>	1 medium potato, baked, mashed, or cubed
<i>Cantaloupe</i>	¼ cup, cubed or diced	<i>Raisins</i>	¼ cup
<i>Carrot sticks</i>	5 sticks	<i>Salad</i>	1 cereal bowl of mixed salad
<i>Cauliflower</i>	¼ cup	<i>Spinach</i>	¼ cup, raw or cooked
<i>Celery sticks</i>	3 sticks	<i>Squash (yellow, summer)</i>	¼ cup, sliced or cubed, cooked
<i>Chard (Swiss chard)</i>	¼ cup, cooked or raw	<i>Strawberries</i>	¼ cup, fresh or frozen
<i>Clementines</i>	1 whole Clementine	<i>String beans</i>	½ cup
<i>Corn</i>	¼ cup (canned/frozen) or 1 ear of corn	<i>Sugar snap peas</i>	⅔ cup
<i>Grapes</i>	1 handful (about 7 grapes)	<i>Sweet potato</i>	1 medium potato, baked, mashed, or cubed
<i>Green Onions</i>	¼ cup, chopped	<i>Tomatoes</i>	3 cherry tomatoes; ¼ cup diced
<i>Honeydew</i>	1 cup, diced or balled	<i>Watermelon</i>	¼ cup, diced
<i>Kale</i>	¼ cup, cooked or raw (no stem)	<i>Winter Squash</i>	¼ cup, cubed or mashed
<i>Mango</i>	¼ cup, cubed or sliced	<i>Zucchini</i>	¼ cup, chopped or diced, cooked

\*\*Parents: feel free to adjust serving sizes based on your child's age and appetite