

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 (even if you just taste them).
2. Circle the smiley face if you liked them 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 ☺

Fruit or Vegetable	How Much is a Serving?	Fruit or Vegetable	How Much is a Serving?
<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