

# My Go for 5+ Tracking Chart

Name \_\_\_\_\_

Use this chart to track your fruit and vegetable intake during the Get 3 At School and 5+ A Day promotion. Write down the names of each fruit and vegetable you eat on each day of the promotion. If you made the choice to eat a colorful fruit or a vegetable instead of eating junk food, put a star next to that entry, and write down what you traded for (for example, carrot sticks instead of chips). Remember: The goal is to get at least three servings of fruits and vegetables at school, and at least five a day. More is always better!

	Day 1	Day 2	Day 3	Day 4
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
Total				
Check this box if you met the 5+ A Day goal				

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).