

This is how we will contact you if you win!

Name: _____
E-mail: _____
Address: _____

Strive for Five Tracking Sheet



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Total servings today: <input type="text"/>	Week 1						
Total servings today: <input type="text"/>	Week 2						
Total servings today: <input type="text"/>	Week 3						
Total servings today: <input type="text"/>	Week 4						
Total servings today: <input type="text"/>	Week 5						

Goal

5 colorful servings per day, but any amount counts!



How to track your servings

Use this tracking sheet to record the number of servings of fruits and vegetables you eat each day for five weeks. Make them part of your main course, a colorful side dish, part of each snack...how you get your daily five is up to you!

What is a Serving?

- 1 medium-sized fruit
- 1/2 cup fresh, frozen or canned (drained) fruit, veggies, or beans
- 1 cup raw leafy vegetables; or 1/4 cup dried fruit
- 1/2 cup of fruit or vegetable juice also counts, although whole packs a bigger nutrition punch

Remember, fried ones don't count. Use this challenge as an excuse to try some NEW fruits and veggies!



This is where you enter for prizes!

Return your completed tracking sheet by **September 2** to:

STATE OF MONTANA WELLNESS PROGRAMS

Mail: PO Box 200130, Helena, MT 59620

Fax: (406) 444-0080

E-mail: livelifewell@mt.gov

