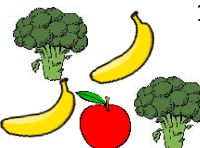

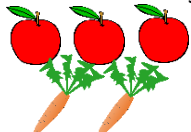
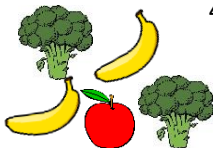


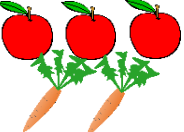

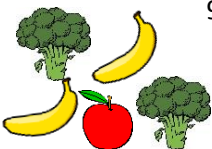


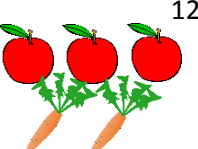
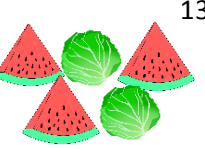
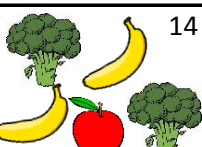
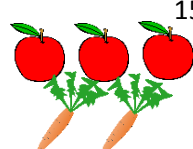


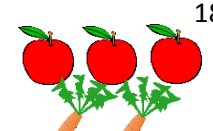



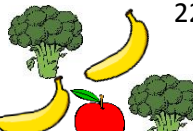
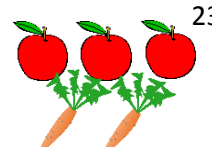
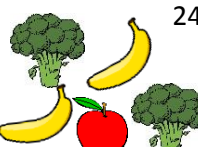
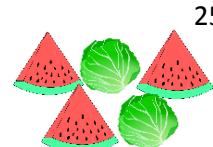

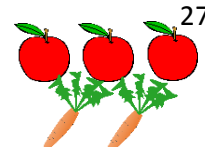





Fruit and Vegetable Challenge

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NAME: _____						 1
 2	 3	 4	 5	 6	 7	 8
 9	 10	 11	 12	 13	 14	 15
 16	 17	 18	 19	 20	 21	 22
 23	 24	 25	 26	 27	 28	 29
 30						

Challenge: Track how many fruits and vegetables you eat each day. The recommended daily serving is 5-9. For each serving of fruit or vegetable you eat simply mark off an item in the box.

*Pictures do not represent the fruit or vegetable required to eat. They are just for fun!

**At the end of the month send your completed challenge sheet to HR and points will be added to your CHC account.

Your Goal: Enjoy a combination of 5 servings of fruits or vegetables each day.