

# Goal Tracker



My goal is to eat more  
**fruits and veggies!**

**DATE:** \_\_\_\_\_

Circle the number of fruits and vegetables that you ate today.

One serving equals:

- ➔ a medium-sized fruit (apple, banana, pear, etc.)
- ➔ a 1/2 cup of cut fruit or cooked veggies (the size of a tennis ball)
- ➔ 1 cup of raw veggies (about the size of a softball).

Monday:      1      2      3      4      5

Tuesday:     1      2      3      4      5

Wednesday: 1      2      3      4      5

Thursday:    1      2      3      4      5

Friday:       1      2      3      4      5

Saturday:    1      2      3      4      5

Sunday:       1      2      3      4      5

➔ My favorite fruit or vegetable that I ate this week was:

\_\_\_\_\_

➔ A new fruit or vegetable that I want to try next week is:

\_\_\_\_\_

## Tips

- ✓ Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- ✓ Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- ✓ Be a role model. Other family members are more likely to eat fruits and vegetables if they see you eating them.
- ✓ Don't give up. You may need to see or taste a food 7 to 10 times before you like it!

