



## Have fun with your family! Take the “5 servings a day” challenge.

1. Write the name of each family member in the spaces below.
2. Every day, enter the total number of servings of fruits and vegetables each person has eaten.
3. At the end of the week, enter the number of days in which each person reached the 5-servings **goal**.

*Health & Good Taste are on the menu! Enjoy!*

### Week 1

Family members

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Daily servings  
of fruits  
and vegetables

See the bottom of the page for the definition of a “serving.”

If you enjoy the 5-servings-a-day challenge and want to continue tracking your progress, you can get more copies of this chart at our website:

[www.vasy.gouv.qc.ca](http://www.vasy.gouv.qc.ca)

### Week 2

_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

### Week 3

_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

### Week 4

_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____



Move  
more,  
eat  
better.

Québec 

[www.vasy.gouv.qc.ca](http://www.vasy.gouv.qc.ca)

**1 serving =** 1 medium-sized fruit the size of a tennis ball **or** 125 ml (1/2 cup) fresh, frozen or canned fruits or vegetables **or** 250 ml (1 cup) leafy vegetables (lettuce, spinach) **or** 125 ml (1/2 cup) unsweetened vegetable or fruit juice **or** 60 ml (1/4 cup) dried fruit