

# LOG

Use this log to keep track of your challenge points each day. Each time that you are able to eat a fruit or vegetable by trying a quick tip, mark it as one point below. Add the total number of points at the end of the challenge and submit your log to the challenge coordinator.

\_\_\_\_\_  
PARTICIPANT NAME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
TOTAL CHALLENGE POINTS								

## FRUITS AND VEGETABLES CHALLENGE

