

Fruits and veggies are an important part of a healthy diet.

		Week 5							Week 6				
Sun Mon Tue Wed Thur Fri Sat	Sun	1	2	3	4	5	Sun Mon Tue Wed Thur Fri Sat	Sun	1	2	3	4	5
	Mon	1	2	3	4	5		Mon	1	2	3	4	5
	Tue	1	2	3	4	5		Tue	1	2	3	4	5
	Wed	1	2	3	4	5		Wed	1	2	3	4	5
	Thur	1	2	3	4	5		Thur	1	2	3	4	5
	Fri	1	2	3	4	5		Fri	1	2	3	4	5
	Sat	1	2	3	4	5		Sat	1	2	3	4	5

Keeping Score: Mark a box for each serving of fruits or veggies you eat each day.

Serving Sizes

Fruit

(1 Serving) =
 1 piece or
 1/2 cup canned or
 1/2 cup frozen or
 1/2 cup juice or
 1 cup cut fresh fruit

Veggie

(1 Serving) =
 1/2 cup cooked or
 1/2 cup juice or
 1 cup fresh

Name _____

Phone _____

Employee Number _____

Fruit & Veggie Tracker Card



myBlueWellness

Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association.

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Week 1					
Sun	1	2	3	4	5
Mon	1	2	3	4	5
Tue	1	2	3	4	5
Wed	1	2	3	4	5
Thur	1	2	3	4	5
Fri	1	2	3	4	5
Sat	1	2	3	4	5

Week 2					
Sun	1	2	3	4	5
Mon	1	2	3	4	5
Tue	1	2	3	4	5
Wed	1	2	3	4	5
Thur	1	2	3	4	5
Fri	1	2	3	4	5
Sat	1	2	3	4	5

Week 3					
Sun	1	2	3	4	5
Mon	1	2	3	4	5
Tue	1	2	3	4	5
Wed	1	2	3	4	5
Thur	1	2	3	4	5
Fri	1	2	3	4	5
Sat	1	2	3	4	5

Week 4					
Sun	1	2	3	4	5
Mon	1	2	3	4	5
Tue	1	2	3	4	5
Wed	1	2	3	4	5
Thur	1	2	3	4	5
Fri	1	2	3	4	5
Sat	1	2	3	4	5

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