TRACKING FORM

Unwrapped
Nutrition. Naturally.

Volume and variety are important when it comes to eating fruits and vegetables. This easy-to-follow tracking form will help you see clearly whether you are consuming the recommended amount of fruits and vegetables each day.

IDENTIFY YOUR RECOMMENDED INTAKE

Your physical activity level determines how many servings of fruit and vegetables are recommended each day. Use these definitions and the charts below to determine your recommended intake:

LESS ACTIVE
You average less than 30 minutes a day.

MODERATELY ACTIVE
You average 30 to 60 minutes a day.

ACTIVE
You average more than 60 minutes a day.

KEEPING TRACK

RECORD YOUR fruit and vegetable intake for four weeks using these tables, which each represent one week. Each box represents one cup.

Record each cup you eat by writing the name in the appropriate box – we have recorded a fruit in the first week as an example to get you started. At the end each day, add up the total number of cups of fruits and vegetables you have eaten and compare them to your recommended intake on the front.

WOMEN	Fruits	Vegetables
LESS ACTIVE		
19-30 years	2 cups	2 1/2 cups
31-50	1 1/2 cups	2 1/2 cups
51+	1 1/2 cups	2 cups
MODERATELY ACTIVE		
19-50 years	2 cups	2 1/2 cups
51+	1 1/2 cups	2 1/2 cups
ACTIVE		
19-50 years	2 cups	3 cups
51+	2 cups	2 1/2 cups

MEN	Fruits	Vegetables
LESS ACTIVE		
19-50 years	2 cups	3 cups
51+	2 cups	2 1/2 cups
MODERATELY ACTIVE		
19-30 years	2 cups	3 1/2 cups
31+	2 cups	3 cups
ACTIVE		
19-30 years	2 1/2 cups	4 cups
31-50	2 1/2 cups	3 1/2 cups
51+	2 cups	3 cups

WEEK 1 6/20-6/26

Day	Fruit	Fruit	Fruit	Fruit	Veggie	Veggie	Veggie	Veggie	Total Fruit	Total Veggie	Check if You Met Your Goal!
	Banana										

VARIETY BONUS! Check Each of These You Ate This Week: ☐ Green Leafy Veggie ☐ Orange Veggie ☐ Red Veggie ☐ Legume

YOUR NAME: _____ EMAIL: _____

WEEK 2 6/27-7/3

Day	Fruit	Fruit	Fruit	Fruit	Veggie	Veggie	Veggie	Veggie	Total Fruit	Total Veggie	Check if You Met Your Goal!

VARIETY BONUS! Check Each of These You Ate This Week: ☐ Green Leafy Veggie ☐ Orange Veggie ☐ Red Veggie ☐ Legume

WEEK 3 7/4-7/10

Day	Fruit	Fruit	Fruit	Fruit	Veggie	Veggie	Veggie	Veggie	Total Fruit	Total Veggie	Check if You Met Your Goal!

VARIETY BONUS! Check Each of These You Ate This Week: ☐ Green Leafy Veggie ☐ Orange Veggie ☐ Red Veggie ☐ Legume

WEEK 4 7/11-7/17

Day	Fruit	Fruit	Fruit	Fruit	Veggie	Veggie	Veggie	Veggie	Total Fruit	Total Veggie	Check if You Met Your Goal!

VARIETY BONUS! Check Each of These You Ate This Week: ☐ Green Leafy Veggie ☐ Orange Veggie ☐ Red Veggie ☐ Legume

RETURN FORM TO: Amy Porter, HR (3rd fl. courthouse)
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by 7/20/16