Fruits and Vegetables Challenge SIGN-UP SHEET

The Challenge begins on _____

Sign up by _____ to participate.

Take the first step to a healthier life by participating in the **Fruits and Vegetables Challenge**. The Challenge offers "quick tips" to help you eat more fruits and vegetables and a log sheet where you can track your points. Sign up below to participate!

Name	Phone	Email

WORKSITES Eating Smart and Moving More

4/08