

# LOG

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

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 at your worksite.

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