

Count Your Colors

eat smart.
— be well. —

How many different colored fruits and vegetables can you eat? Every time you eat a fruit or vegetable mark it in the correct colored section for today. Try to get at least 4 colors a day. All form count: fresh, frozen, canned and 100% juice. If you miss one color today, try and get that color tomorrow. At the end of the week, use your grand total to see what badge you earned!

How many?	1	2	3	4	5	6	7	8	9	10	Total For Week:
Red											
Orange											
Yellow											
Green											
Blue + Purple											
White											

Grand Total:

