

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Department: \_\_\_\_\_

# Eat More Green Tracker Calendar

*Eat 2 Servings of Green Produce Daily*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ---	2 ---	3 ---	4 ---
5 ---	6 ---	7 ---	8 ---	9 ---	10 ---	11 ---
12 ---	13 ---	14 ---	15 ---	16 ---	17 ---	18 ---
19 ---	20 ---	21 ---	22 ---	23 ---	24 ---	25 ---
26 ---	27 ---	28 ---	29 ---	30 ---	31 ---	

**March Challenge:**

- ◆ No registration.
- ◆ To be eligible for the prize drawing (a \$10 gift card), you must eat a minimum of 2 servings of green produce every day for 25 of 31 days.
- ◆ Use this log to track your green produce intake by placing a check mark on the calendar.
- ◆ **What is a serving?** For most fruits & veggies a serving is a 1/2 cup, but one serving of raw leafy greens is 1 cup and 8 oz. of vegetable or tomato juice counts as a serving.
- ◆ Turn in log at the end of the challenge. All logs are due Tuesday, April 4, 4:00 p.m. to *Theresa Ebeling, Easy-peasy!*
- ◆ Dates: March 1 thru 31, with six FREE "Rest" days (meaning you must do this for 25 days).



**Challenge Period: March 1 thru March 31, 2023**