

Name: _____

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 Monday, April 5, 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 25days).



Challenge Period: March 1 thru March 31, 2021