

Fruit and Vegetable Scoreboard



Name: _____ Name of your buddy: _____

Adults need 3½ to 6½ cups of colorful fruits and vegetables every day. The amount that is right for you depends on your age, gender, and physical activity level. To find out how many cups you need for good health, visit www.mypyramid.gov.

My daily recommended amount of fruits is _____ cups.

My daily recommended amount of vegetables is _____ cups.

For each day of the week, record the cups of fruits and vegetables you've eaten. Then add up the cups you've eaten each day to get your total.

FRUITS AND VEGETABLES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fruits							
Vegetables							
Total Cups Each Day							

FRUIT AND VEGETABLE GOALS FOR THE WEEK

Three steps I need to take to meet my recommended amount of fruits and vegetables. (Examples: pack healthy snacks; write a shopping list and include lots of fruits and vegetables; find a buddy to support my efforts to eat healthier)

1. _____ 2. _____ 3. _____

My reward for meeting my recommended amounts of fruits and vegetables is:

(Examples: go dancing; plan a fun activity with my family; spend a day with my best friend)