

Good Food Challenge

Mark off each serving of fruit or vegetable that you eat each day - Goal: 5

Day	Mo	Tu	We	Th	Fr	Sa	Su
1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5



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