

JANUARY 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
7	8	9	10	11	12	13
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
14	15	16	17	18	19	20
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
21	22	23	24	25	26	27
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
28	29	30	31			
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total			

FEBRUARY 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
4	5	6	7	8	9	10
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
11	12	13	14	15	16	17
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
18	19	20	21	22	23	24
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
25	26	27	28	29		
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total		

MARCH 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
3	4	5	6	7	8	9
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
10	11	12	13	14	15	16
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
17	18	19	20	21	22	23
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
24	25	26	27	28	29	30
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
31						
___ Veggie Serving ___ Fruit Serving ___ Total						

APRIL 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
7	8	9	10	11	12	13
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
14	15	16	17	18	19	20
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
21	22	23	24	25	26	27
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
28	29	30				
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total				

MAY 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
5	6	7	8	9	10	11
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
12	13	14	15	16	17	18
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
19	20	21	22	23	24	25
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
26	27	28	29	30	31	
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	

JUNE 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						___ Veggie Serving ___ Fruit Serving ___ Total
2	3	4	5	6	7	8
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
9	10	11	12	13	14	15
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
16	17	18	19	20	21	22
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
23	24	25	26	27	28	29
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
30						
___ Veggie Serving ___ Fruit Serving ___ Total						

JULY 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
7	8	9	10	11	12	13
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
14	15	16	17	18	19	20
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
21	22	23	24	25	26	27
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
28	29	30	31			
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total			

AUGUST 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
4	5	6	7	8	9	10
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
11	12	13	14	15	16	17
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
18	19	20	21	22	23	24
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
25	26	27	28	29	30	31
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total

SEPTEMBER 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
8	9	10	11	12	13	14
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
15	16	17	18	19	20	21
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
22	23	24	25	26	27	28
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
29	30					
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total					

OCTOBER 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
6	7	8	9	10	11	12
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
13	14	15	16	17	18	19
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
20	21	22	23	24	25	26
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
27	28	29	30	31		
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total		

NOVEMBER 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
3	4	5	6	7	8	9
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
10	11	12	13	14	15	16
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
17	18	19	20	21	22	23
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
24	25	26	27	28	29	30
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total

DECEMBER 2024

ONE SERVING OF FRUIT = ONE CUP
ONE SERVING OF VEGETABLES = ONE CUP

NUTRITION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
8	9	10	11	12	13	14
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
15	16	17	18	19	20	21
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
22	23	24	25	26	27	28
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total
29	30	31				
___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total	___ Veggie Serving ___ Fruit Serving ___ Total				