

2025 JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total
5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total
12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total
19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total	23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total
26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total	31 ____ Veggie Serving ____ Fruit Serving ____ Total	

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

2025 FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 ____ Veggie Serving ____ Fruit Serving ____ Total
2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total
9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total
16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total
23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	

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

2025 MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 ____ Veggie Serving ____ Fruit Serving ____ Total
2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total
9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total
16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total
23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total
30 ____ Veggie Serving ____ Fruit Serving ____ Total	31 ____ Veggie Serving ____ Fruit Serving ____ Total					

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

2025 APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total
6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total
13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total
20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total	23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total
27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total			

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

2025 MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total
4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total
11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total
18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total	23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total
25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total	31 ____ Veggie Serving ____ Fruit Serving ____ Total

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

2025 JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total
8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total
15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total
22 ____ Veggie Serving ____ Fruit Serving ____ Total	23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total
29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total					

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

2025 JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total
6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total
13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total
20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total	23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total
27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total	31 ____ Veggie Serving ____ Fruit Serving ____ Total		

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

2025 AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total
3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total
10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total
17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total	23 ____ Veggie Serving ____ Fruit Serving ____ Total
24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total
31 ____ Veggie Serving ____ Fruit Serving ____ Total						

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

2025 SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total
7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total
14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total
21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total	23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total
28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total				

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

2025 OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total
5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total
12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total
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26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total	31 ____ Veggie Serving ____ Fruit Serving ____ Total	

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

2025 NOVEMBER



NUTRITION CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 ____ Veggie Serving ____ Fruit Serving ____ Total
2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total	7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total
9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total	14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total
16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total	21 ____ Veggie Serving ____ Fruit Serving ____ Total	22 ____ Veggie Serving ____ Fruit Serving ____ Total
23 ____ Veggie Serving ____ Fruit Serving ____ Total	24 ____ Veggie Serving ____ Fruit Serving ____ Total	25 ____ Veggie Serving ____ Fruit Serving ____ Total	26 ____ Veggie Serving ____ Fruit Serving ____ Total	27 ____ Veggie Serving ____ Fruit Serving ____ Total	28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total
30 ____ Veggie Serving ____ Fruit Serving ____ Total						

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

2025 DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ____ Veggie Serving ____ Fruit Serving ____ Total	2 ____ Veggie Serving ____ Fruit Serving ____ Total	3 ____ Veggie Serving ____ Fruit Serving ____ Total	4 ____ Veggie Serving ____ Fruit Serving ____ Total	5 ____ Veggie Serving ____ Fruit Serving ____ Total	6 ____ Veggie Serving ____ Fruit Serving ____ Total
7 ____ Veggie Serving ____ Fruit Serving ____ Total	8 ____ Veggie Serving ____ Fruit Serving ____ Total	9 ____ Veggie Serving ____ Fruit Serving ____ Total	10 ____ Veggie Serving ____ Fruit Serving ____ Total	11 ____ Veggie Serving ____ Fruit Serving ____ Total	12 ____ Veggie Serving ____ Fruit Serving ____ Total	13 ____ Veggie Serving ____ Fruit Serving ____ Total
14 ____ Veggie Serving ____ Fruit Serving ____ Total	15 ____ Veggie Serving ____ Fruit Serving ____ Total	16 ____ Veggie Serving ____ Fruit Serving ____ Total	17 ____ Veggie Serving ____ Fruit Serving ____ Total	18 ____ Veggie Serving ____ Fruit Serving ____ Total	19 ____ Veggie Serving ____ Fruit Serving ____ Total	20 ____ Veggie Serving ____ Fruit Serving ____ Total
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28 ____ Veggie Serving ____ Fruit Serving ____ Total	29 ____ Veggie Serving ____ Fruit Serving ____ Total	30 ____ Veggie Serving ____ Fruit Serving ____ Total	31 ____ Veggie Serving ____ Fruit Serving ____ Total			

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