

# 5-A-Day

## Fruit and Vegetable Challenge

**"Insert Challenge Dates"**

Improve your eating habits with a little friendly competition!

Enroll today in the 5-A-Day Fruit and Vegetable Challenge:

Contact "Insert Contact Information" to register and receive your score sheet.

Each day, record your total combined servings of fruits and vegetables on the score sheet.

Return your completed score sheet to "Insert name/destination" by "Insert Submission Deadline" .

**Aim for a combined 5 servings of  
fruits and vegetables each day!**

**"Insert Incentive or Prize Information"**






# PERSONAL SCORE SHEET

Name: \_\_\_\_\_

Phone/Email: \_\_\_\_\_ Date: \_\_\_\_\_

**EAT A VARIETY FOR  
EVEN BETTER  
NUTRITION!**


**Try to eat at least one serving  
from every category, every  
week**


**Fruit**  Fresh, cooked or canned (1 medium piece or 1/2 cup cut-up)

**Vegetables**  Raw or cooked, fresh, canned or frozen (1/2 cup)

**Leafy Vegetables**  Raw lettuce, spinach, etc (1 cup)

**Juice**  100% fruit or vegetable (3/4 cup)

**Dry Beans or Peas**  cooked kidney beans, chick peas, lentils, split peas, etc (1/2 cup)

**Dried Fruit**  raisins, prunes, dried apricots, etc (1/4 cup)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Week Totals
1								
2								
3								
4								
5								
6								
7								
8								

Total Servings

# WELL Water Challenge

**WHO: "Insert Company Name" Employees**

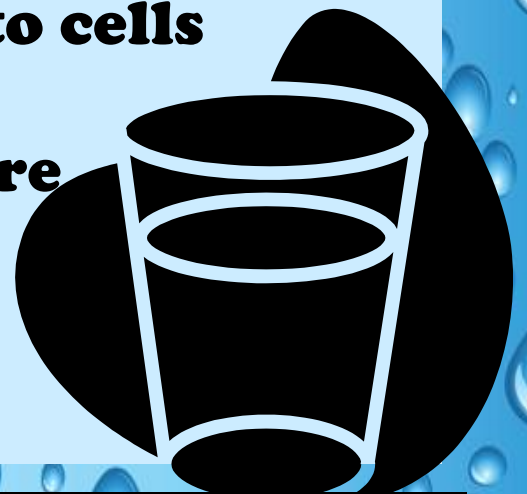
**WHAT: Water Consumption Challenge**

**WHEN: "Insert Date"**

**WHY: This challenge encourages employees to drink water throughout the work day.**

## **WATER...**

- **Helps transport nutrients to cells**
- **Improves Metabolism**
- **Regulates Body Temperature**
- **Detoxifies Body**
- **Suppresses Hunger**
- **Keeps the body hydrated!**



Sign Up by contacting: "Insert Contact Information"



# WELL Water Challenge

Name: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WEEK 1	OZ	OZ	OZ	OZ	OZ	OZ	OZ	OZ
WEEK 2	OZ	OZ	OZ	OZ	OZ	OZ	OZ	OZ
WEEK 3	OZ	OZ	OZ	OZ	OZ	OZ	OZ	OZ
WEEK 4	OZ	OZ	OZ	OZ	OZ	OZ	OZ	OZ
WEEK 5	OZ	OZ	OZ	OZ	OZ	OZ	OZ	OZ
WEEK 6	OZ	OZ	OZ	OZ	OZ	OZ	OZ	OZ
WEEK 7	OZ	OZ	OZ	OZ	OZ	OZ	OZ	OZ
WEEK 8	OZ	OZ	OZ	OZ	OZ	OZ	OZ	OZ

\*Enter the amount of water (ounces) you drink each day

TOTAL

	OZ
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Aim for [#] ounces of water each day!

## What counts as water?

- Bottled Water
- Tap Water
- Flavored Water (<5 calories)
- Mineral Water
- Water Sport Drinks  
(Propel, SoBe, etc)

## What does not count as water?

- Juice Concentrates made with water
- Coffee
- Juices
- Flavored Sports Drinks
- Tea

