

# FRUITS & VEGGIES!

# MOTIVATED MONDAYS

A YEAR OF MINI RESOLUTIONS

Strive for seven servings of fruits and vegetables each day. Use the calendar below to log your servings, as well as your exercise, sleep, sugar and water goals!

DAY	EXER-CISE	SLEEP	SUGAR	WATER	F&V
7/8					
7/9					
7/10					
7/11					
7/12					
7/13					
7/14					
7/15					
7/16					
7/17					
7/18					
7/19					
7/20					
7/21					
7/22					
7/23					
7/24					
7/25					
7/26					
7/27					
7/28					

DAY	EXER-CISE	SLEEP	SUGAR	WATER	F&V
7/29					
7/30					
7/31					
8/1					
8/2					
8/3					
8/4					