

3 Per Day in the Month of May SASD Fruit/Veggie Challenge!

MAY 1-MAY 31 DUE JUNE 8!

Record your fruit/veggie consumption each day in the month of May. Shoot for at least 3 servings of fruits and/or veggies every day. Complete 29 out of 31 days, return to Jeri in Wellness by June 8, 2018, and earn 25 Wellness Points!

Name _____ Employee ID _____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat		
<p>Let's get Started!</p> 		1	2	3	4	5		
		6	7	8	9	10	11	12
		13	14	15	16	17	18	19
20	21	22	23	24	25	26		
27	28	29	30	31				