June 2011

Project Veg-Up Challenge

S	M	T	W	T	F	S
Challenge: Check off each circle as you eat a serving of a fruit/vegetable. Shoot for at least 5 servings of fruits and vegetables a day. Anything else is icing on the Cake Mini. ;) (The American Dietetic Association recommends at least 5 servings of fruits and vegetables per day.)			1 veg: OOO fruit: OO	2 veg: OOO fruit: OO	3 veg: OOO fruit: OO	4 veg: OOO fruit: OO
5 veg: OOO fruit: OO	6 veg: OOO fruit: OO	7 veg: OOO fruit: OO	8 veg: OOO fruit: OO	9 veg: OOO fruit: OO	10 veg: OOO fruit: OO	11 veg: OOO fruit: OO
12 veg: OOO fruit: OO	13 veg: OOO fruit: OO	14 veg: OOO fruit: OO	15 veg: OOO fruit: OO	16 veg: OOO fruit: OO	17 veg: OOO fruit: OO	18 veg: OOO fruit: OO
19 veg: OOO fruit: OO	20 veg: OOO fruit: OO	21 veg: OOO fruit: OO	22 veg: OOO fruit: OO	23 veg: OOO fruit: OO	24 veg: OOO fruit: OO	25 veg: OOO fruit: OO
26 veg: OOO fruit: OO	27 veg: OOO fruit: OO	28 veg: OOO fruit: OO	29 veg: OOO fruit: OO	30 veg: OOO fruit: OO	Challenge details at http://thechiclife.com Sign up for the email newsletter for daily tips & recipes!	