

Habit #2: EAT VEGETABLES DAILY

My Daily Goal: _____ Servings/Day

Not eating any veggies currently? Shoot for 3 servings. Already eating veggies daily? Aim for 5 servings.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

INSTRUCTIONS: Fill in the dates based on your start date. Add a checkmark to the box when you reach your daily goal! You got this! If you don't reach your goal today, don't worry! Just add an "X" to the box and remember! Tomorrow is a new chance to reach your goal!