



Go for Five



Goal setting and tracking sheet for eating 5 fruits and vegetables every day.

(name) _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

1. Set a reward.

When I reach 5-A-Day, I will _____

2. Week 1: Keep track of daily fruits and vegetables for one week. (use slash marks ~~///~~)

3. Week 2: Review week 1 and set a goal for week 2.

I will increase the number of fruits and vegetables I eat each day to _____

4. Week 3: Check progress and revise goal. Did I meet my goal? yes or no _____

If no: What can I try next week? _____

If yes: What is my new goal for next week? _____

5. Week 4: Check progress and revise goal. Did I meet my goal? yes or no _____

If no: What can I try next week? _____

If yes: What is my new goal for next week? _____

6. Week 5: Check progress and revise goal. Did I meet my goal? yes or no _____

If no: What can I try next week? _____

If yes: What is my new goal for next week? _____