Go for Five or More

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

(name)________________________

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1. Set a reward.
   When I reach my goal, 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?_____________________________

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