90 Day Fit 5 Fitness Challenge

Nutrition Tracker

Write in the total number of fruits and vegetables eaten each day. For the other categories, simply check off if it was included in your diet for the day.

Daily Goal: Eat at least 5 total fruits and vegetables

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

Reflection: What are some healthy snacks that can help you reach your daily vegetable goal?

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Write in the total number of fruits and vegetables eaten each day. For the other categories, simply check off if it was included in your diet for the day.

Daily Goal: Eat at least 5 total fruits and vegetables

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

Fit 5 Tip:
Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy

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Daily Goal: Eat at least 5 total fruits and vegetables

	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

Fit 5 Tip:
Building a Healthy Plate: Make half of your plate fruits or vegetables, and fill the other half with foods like whole grains, dairy, and protein

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Write in the total number of fruits and vegetables eaten each day. For the other categories, simply check off if it was included in your diet for the day.

Daily Goal: Eat at least 5 total fruits and vegetables

	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 78	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	FINISH
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

Reflection: Did you meet your daily goal almost every day? If not, what do you think may have caused this and how could you improve?

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