

# 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.

Month: September/October

Daily Goal: Eat at least 5 total fruits and vegetables

	Sunday	Monday	Tuesday	Wednesday 22	Thursday 23	Friday 24	Saturday 25	
Fruits								
Vegetables								
Grains								
Dairy								
Meats and Beans								
	Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1	Saturday 2	
Fruits								
Vegetables								
Grains								
Dairy								
Meats and Beans								

**REFLECTION:** WHAT ARE SOME HEALTHY SNACKS THAT CAN HELP YOU REACH YOUR DAILY VEGETABLE GOAL?

### 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 choices!





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DIET FOR THE DAY.

Month: October

Daily Goal: Eat at least 5 total fruits and  
vegetables

	Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

**REFLECTION: DID YOU REMEMBER TO EAT AFTER YOU EXERCISED?**

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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DIET FOR THE DAY.

Month: October/November

Daily Goal: Eat at least 5 total fruits and  
vegetables

	Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 31	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

**REFLECTION: WHAT WOULD BE CONSIDERED A HEALTHY DESERT?**

### Fit 5 Tip:

Watch the amounts of food you put  
on your plate and pay close attention  
to serving sizes

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DIET FOR THE DAY.

Month: November/December

Daily Goal: Eat at least 5 total fruits and  
vegetables

	Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 28	Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

**REFLECTION:** THE SIZE OF A BASEBALL IS ABOUT THE SAME SIZE OF 1 SERVING  
OF WHICH FOODS?

### Fit 5 Tip:

Save junk food like desserts,  
chips, and sodas for special  
occasions

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WRITE IN THE TOTAL NUMBER OF FRUITS AND VEGETABLES EATEN EACH DAY.  
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DIET FOR THE DAY.

Month: December

Daily Goal: Eat at least 5 total fruits and  
vegetables

	Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 19	Monday 20	Tuesday 21	Wednesday	Thursday	Friday	Saturday
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?**

**Fit 5 Tip:**  
Keep snacks  
healthy and small



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