



# 90 Day Fit 5 Fitness Challenge

## NUTRITION TRACKER

### INSTRUCTIONS:

WRITE IN THE TOTAL NUMBER OF FRUITS AND VEGETABLES EATEN EACH DAY. FOR THE OTHER FOOD GROUP CATEGORIES, SIMPLY CHECK OFF IF IT WAS INCLUDED IN YOUR DIET FOR THE DAY.

### FIT 5 DAILY GOAL:

DAILY GOAL: EAT AT LEAST 5 TOTAL FRUITS AND VEGETABLES






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Month: March

							Saturday 19
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2
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:

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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Month: April

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





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Month: May

	Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

### Fit 5 Tip:

Save junk food like desserts, chips, and soda for special occasions!





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Month: May/June

	Sunday 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	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	
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:

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy!





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