

CHECKLIST - 5 A DAY

Often it is not ignorance or insufficient information that prevents one from doing something healthy, but simply carelessness, forgetfulness or lack of routine. This checklist should help you to eat your minimum daily ration of fruits and vegetables.

Print out this reminder. Hang it on the refrigerator and eat at least two portions of fruit and three portions of vegetables a day. Check it off your list every time.

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Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	88	88	88	88	88	88	88
	199	191	888	111	888	111	193
2	88	8 8	88	88	88	8	88
	999	999	999	999	999	999	999
3	88	88	88	88	88	88	88
5	999	999	888	888	888	999	999
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	333	333	888	333	888	888	333
2	88	88	88	88	88	88	88
	333	888	888	888	888	333	888
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1	88 A A A	<u>8</u> A A A	88 AAA	88 A A A	88 AAA	88 AAA	88
			88	88			
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	88	88	88	88	88	88	88
3	888	888	888	888	888	888	888
	88	88	88	88	88	88	88
4	888	888	888	888	888	888	888
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5	000	888	888	888	888	888	888

What is "one serving"? large fruits/vegetables = 1 handful | small fruits/vegetables = 2 handfuls



Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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