Turn in your completed card for 10 points! ONLY 1 star checked per day.
FRUITS & VEGETABLES

☑ a star when you eat ≥ 5 servings of fruits and vegetables in one day.

Name: _________________

Turn in your completed card for 10 points! ONLY 1 star checked per day
STEPS/PHYSICAL ACTIVITY

☐ a star when you do 2000 steps over baseline OR 20 min intentional physical activity in one day

Name: ____________________

Turn in your completed card for 10 points! ONLY 1 star checked per day
CUTTING 100 CALORIES
☑ a star when you cut 100 calories from your typical intake in one day.
Name: ___________________

Turn in your completed card for 10 points! ONLY 1 star checked per day

CUTTING 100 CALORIES
☑ a star when you cut 100 calories from your typical intake in one day.
Name: ___________________

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CUTTING 100 CALORIES
☑ a star when you cut 100 calories from your typical intake in one day.
Name: ___________________

Turn in your completed card for 10 points! ONLY 1 star checked per day
What is a serving?

**Dairy Foods**
- 1 cup low fat milk
- 1 cup yogurt
- 1 ½ ounces natural cheese
- 2 ounces processed cheese

What is a serving?

**Fruit**
- 1 small piece fresh fruit
- ½ cup chopped fresh fruit
- ½ cup canned or frozen fruit
- ¼ cup dried fruit
- ¾ cup fruit juice

What is a serving?

**Vegetables**
- 1 cup raw leafy vegetables
- ½ cup chopped
- ½ cup cooked
- ¾ cup vegetable juice

Steps/Physical Activity

One = 2000 steps ABOVE your baseline each day

OR

20 minutes of intentional physical activity per day

4000 steps OR 40 min physical activity = 2 checks
6000 steps OR 60 min physical activity = 3 checks