

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		TOTAL CUPS	

Goal
125 Servings

1 cup = 1 point

March 1 - 31

5-A-Day

Nutrition Challenge

Use this form for convenient daily tracking.

Remember to record all of your entries online by April 7th.

How to track your points:

1. Select the date.
2. Enter one point for each serving of fruit or vegetable that you eat per day.
3. Transfer your points online at www.OME-RESAHealthyLifestyles.com.

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The OME-RESA Health Benefits program is an Ohio-based non-profit public employer consortium of which your employer is a member.

