Challenge instructions:

1) **Print** this tracking sheet and keep it on hand.
2) Each **Friday**, beginning 4/6, you will receive the “challenge” for the week in your inbox. Challenge weeks are Saturday – Friday. The challenges are all related to adding more fruits and vegetables to your lifestyle! Additionally, you’ll track your total fruit and veggie consumption and on Wednesdays you’ll receive a motivational email with information and a reminder about the UC Davis Farmers Market on the quad.
3) During each **week** of the challenge, keep track of your daily fruit and vegetable intake on the tracking calendar below. Slash a circle for each serving. There is a serving guideline at the bottom.
4) The first week establishes your ‘baseline’ fruit and vegetable servings number – what you currently eat on average. To get the average, divide the total number of servings for the week by 7 days. For example, if you ate 35 servings in the week, your average per day = 5. See SAMPLE Week.
5) Your **goal** grows each week. Use the goal finder to determine your next consumption goal based on your current number. Use your baseline for your first goal.
6) Each Friday, follow the link in the email to report your progress!

<table>
<thead>
<tr>
<th>Challenge week</th>
<th>GOAL servings/day</th>
<th>AVERAGE servings/day</th>
<th>MET GOAL? Y/N</th>
<th>MET CHALLENGE? Y/N</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (4/7 – 13)</td>
<td>----</td>
<td>Baseline:</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>2 (4/14 – 20)</td>
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<td></td>
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</tr>
<tr>
<td>3 (4/21 – 27)</td>
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<tr>
<td>4 (4/28 – 5/4)</td>
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<tr>
<td>5 (5/5 – 11)</td>
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</tr>
<tr>
<td>6 (5/12 – 18)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**WEEKLY GOAL FINDER**

<table>
<thead>
<tr>
<th>Last week’s AVERAGE</th>
<th>New AVERAGE/day for the week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 2 servings per day</td>
<td>3 or more servings per day</td>
</tr>
<tr>
<td>2 – 3 servings per day</td>
<td>4 or more</td>
</tr>
<tr>
<td>3 – 4 servings per day</td>
<td>5 or more</td>
</tr>
<tr>
<td>4 – 5 servings per day</td>
<td>6 or more</td>
</tr>
<tr>
<td>5 – 6 servings per day</td>
<td>7 or more</td>
</tr>
<tr>
<td>6 – 7 servings per day</td>
<td>8 or more</td>
</tr>
</tbody>
</table>

Example: 24 servings/week = 3.4 servings per day AVERAGE
So my new goal would be 5 or more servings per day!

**TIPS for success:**

1) Add UC Davis Staff and Faculty Health and Well-being [wellbeing@ucdavis.edu] to the contact list in your email.
2) If you don’t see the email for Friday or Monday, check your Junk mail or Clutter folder.

**PRIZES!!**

1) Each Friday when you report out by 5pm, you will get a $1 voucher to the UC Davis Farmers Market. If you are on the Sacramento Campus, vouchers will be for the market at UC Davis Health, beginning May 9th.
2) If you report out each Friday for all six weeks, you’ll receive $10 bonus vouchers!
3) Market vouchers earned will be available at the **UC Davis Farmers Market** Information table – pick yours up each week! In Sacramento, voucher pickup will be **May 23 at the UC Davis Health Market**, 3 – 7pm at the Information table.
April 7 - May 18, 2018

Challenge TRACKING Calendar
Slash a circle for each serving you eat!
(Serving size definitions are below!)

My GOALS:
Week 1: baseline
Week 2: _____
Week 3: _____
Week 4: _____
Week 5: _____
Week 6: _____

Sample Day:
- Breakfast
- Lunch
- Dinner
- Snacks
Daily total: ___

Fruits and Vegetables
- Breakfast
- Lunch
- Dinner
- Snacks
Daily total: ___

Report this number each Friday: add all days and divide by 7. Sample week:
4+4+3+3+2+5=24
24/7 = 3.4 servings/day

AVERAGE: 3.4

### 1 serving of veggies...
- 1/2 cup cooked broccoli
- 1/2 cup cooked carrot
- 1 cup leafy salad
- 1/2 cup sweetcorn
- 1/2 medium potato or sweet potato
- 1 medium tomato

### 1 serving of fruit...
- 1 medium apple
- 1 medium banana
- 1 medium orange
- 2 small kiwi fruits
- 1/2 cup (125ml) fruit juice (but only occasionally)
- 30g dried fruit (but only occasionally)