

Step Up Forsyth !

Week 3 Challenge

October 2—8



Name _____ Phone _____

Email _____

Eat at least 5 servings of fruits/vegetables each day.

Fruits and vegetables contain many essential vitamins, minerals, and fiber that we need to stay healthy. An endless variety in color and flavor makes it possible for anyone to find a few favorites. Including more fruits and vegetables into your daily diet is important to reduce your risk of stroke, cardiovascular disease and certain types of cancer.

What's a Serving ?

- 1/2 cup of fruit
- 1/4 cup of dried fruit
- 1 medium piece of fruit
- 1/2 cup (4 oz) of 100% fruit / vegetable juice
- 1 cup of leafy vegetables
- 1/2 cup of cooked or raw vegetables.

Using the chart below, list your daily fruits / vegetables along with the serving sizes you consume each day with a minimum goal of **5 servings** each day.

	1	2	3	4	5
Sunday 10/2					
Monday 10/3					
Tuesday 10/4					
Wednesday 10/5					
Thursday 10/6					
Friday 10/7					
Saturday 10/8					

To be eligible for the weekly prize, return this form by Monday, 10/17 using 1 of 5 ways:

- Drop form(s) off at Forsyth County Health Department (799 N Highland Ave)
- Scan form(s) and email it to stepupforsyth@forsyth.cc
- Fax to the Department of Public Health at 336-727-8034
- Go to www.forsyth.cc/PublicHealth/stepup_forsyth.aspx and click “challenge” to complete this form online