



**TAKE THE
CHALLENGE TODAY!**

What is the 5 A DAY challenge?

Eating five or more servings of fruits and vegetables each day gives you valuable vitamins and minerals for good health. The 5 a day challenge is designed to encourage you to find creative ways to incorporate fruits and vegetables into your diet while tracking your daily minutes of physical activity. You will learn more about:

- The health benefits of fruits and vegetables
- Proper serving sizes
- Choosing more color and variety

Your goals are to eat five servings of fruit and vegetables and complete 30 minutes of physical activity each day.

You will receive:

- A 5 a day fact sheet
- A two-week challenge log to help you track your fruits, vegetables and physical activity



5 A DAY REGISTRATION FORM

Name: _____

Email Address: _____

Please return this registration form to

by