



True Colors Healthy Eating Adventure Weekly Tracking Worksheet

Are you eating enough fruits and vegetables every day?

How about drinking enough water?

Are you getting some from all color groups?

Blue/Purple, Green, Whites and tans, Yellow/Orange and Red?

Check off a block each time you eat the serving. Track yourself each week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Fruit</u>							
½ cup							
½ cup							
½ cup							
½ cup							
<u>Vegetable</u>							
½ cup							
½ cup							
½ cup							
½ cup							
½ cup							
<u>Water</u>							
1 cup							
1 cup							
1 cup							
1 cup							
1 cup							
1 cup							