

# MARCH NUTRITION CHALLENGE

March is National Nutrition Month

Week of: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Free Day	___ / 5 servings of fruits or veggies ___ Daily food journal ___ Whole Grains ___ Lean Proteins	___ / 5 servings of fruits or veggies ___ Daily food journal ___ Whole Grains ___ Lean Proteins	___ / 5 servings of fruits or veggies ___ Daily food journal ___ Whole Grains ___ Lean Proteins	___ / 5 servings of fruits or veggies ___ Daily food journal ___ Whole Grains ___ Lean Proteins	___ / 5 servings of fruits or veggies ___ Daily food journal ___ Whole Grains ___ Lean Proteins	___ / 5 servings of fruits or veggies ___ Daily food journal ___ Whole Grains ___ Lean Proteins	
	<b>Daily Total:</b>	<b>Daily Total:</b>	<b>Daily Total:</b>	<b>Daily Total:</b>	<b>Daily Total:</b>	<b>Daily Total:</b>	<b>Daily Total:</b>
<b>Goals for Next Week:</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>							Challenge Total Points: _____