Do you eat 5 fruits and vegetables a day? Let's check.

| 1st week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Breakfast |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Other |  |  |  |  |  |  |  |
| 2nd week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Other |  |  |  |  |  |  |  |

