

Fruit and Vegetable Challenge

See how much variety and amount of fruits and vegetables you can eat!

Healthy diets full of fruits and vegetables provide fiber, vitamins and minerals at low calorie cost. Eating fruits and vegetables may help reduce your risk of cancer and chronic disease! Most Americans eat less than 1½ cups while the recommendation is 4½ cups of vegetables every day.

Goal: Aim for a total of 2½ cups of fruits and vegetables a day. Meet the goal 15-20 times to earn your All in to Win prize drawing entry.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days Goal Achieved Each Week
Week 1	1 cup of fruit Try a new fruit. <input type="checkbox"/>	1 cup of fruit Try a red fruit. <input type="checkbox"/>	1 cup of fruit Try an orange fruit. <input type="checkbox"/>	1 cup of fruit Try a yellow fruit. <input type="checkbox"/>	1 cup of fruit Try a green fruit. <input type="checkbox"/>	1 cup of fruit Try a purple fruit. <input type="checkbox"/>	1 cup of fruit Prepare a new fruit recipe. <input type="checkbox"/>	
Week 2	1 ½ cups veggies Try a new veggie. <input type="checkbox"/>	1 ½ cups veggies Try a red veggie. <input type="checkbox"/>	1 ½ cups veggies Try an orange veggie. <input type="checkbox"/>	1 ½ cups veggies Try a yellow veggie. <input type="checkbox"/>	1 ½ cups veggies Try a green veggie. <input type="checkbox"/>	1 ½ cups veggies Try a purple veggie. <input type="checkbox"/>	1 ½ cups veggies Prepare a new veggie recipe. <input type="checkbox"/>	
Week 3	Try a new fruit and veggie. <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	Prepare a new fruit and/or veggie recipe. <input type="checkbox"/>	
Week 4	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	

Report your results to earn ONE entry into the All in to Win prize drawing.

After challenging yourself for four consecutive weeks, submit your completed challenge two ways:

1. Submit your completed challenge by submitting the [Challenge Reporting form](#)
2. Or, go to <https://humanresources.atriumhealth.org/LiveWELL/Prevention-and-Wellness/Challenges/Challenge-Reporting>

Be sure to enter your correct six-digit employee ID when reporting. All teammates regardless of benefits status are eligible to participate and win! If you have questions, contact LiveWELL at 704-355-8136 or email LiveWELLEvents@AtriumHealth.org.

TOTAL Days Goal Achieved

Use this number for reporting.