

Healthy Lindon

Fruits & Veggies Challenge

Beginning on Monday September 6th, simply put a check mark in the box each time you eat a serving of fruit or vegetable. On October 3rd total your check marks, if they average 8 servings of vegetables and/or fruits, bring your sheet to City Hall before October 8th to be part of the drawing for a prize.

	Week One	Week Two	Week Three	Week Four
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

For ideas and recipes go to <http://www.lindoncity.org/>

Your name & phone _____