



|               | MONDAY                          | TUESDAY                         | WEDNESDAY                       | THURSDAY                        | FRIDAY                          | SATURDAY                        | SUNDAY                          | Total # of Foods                |
|---------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>Week 6</b> | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  |
|               | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    |
|               | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   |
|               | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> |
|               | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  |
| <b>Week 7</b> | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  |
|               | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    |
|               | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   |
|               | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> |
|               | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  |
| <b>Week 8</b> | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  |
|               | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    |
|               | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   |
|               | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> |
|               | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  |
| <b>Week 9</b> | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  | Green <input type="checkbox"/>  |
|               | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    | Red <input type="checkbox"/>    |
|               | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   | Blue <input type="checkbox"/>   |
|               | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> | Orange <input type="checkbox"/> |
|               | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  | White <input type="checkbox"/>  |

The purpose of the Food Tracker is to become aware of both the quantity and variety of colors in your fruit and vegetable choices. Record each fruit or veggie you eat according to its color.

**Here are some examples:**

**Green** – Lettuce, broccoli, zucchini, spinach, sprouts, kiwis, limes, okra, pears, celery

**Red** – Red bell peppers, apples, radishes, strawberries, red potatoes, watermelon

**Blue/Violet** – Eggplant, blueberries, onions, cabbage, figs, pomegranates, beets

**Orange/Yellow** – Pumpkin, bananas, Bell peppers, oranges, cantaloupe, carrots

**White/Neutral** – Potatoes, onions, cauliflower, garlic, pinto beans, parsnip, mushrooms

|               |                                 |
|---------------|---------------------------------|
| <b>Total:</b> | Green <input type="checkbox"/>  |
|               | Red <input type="checkbox"/>    |
|               | Blue <input type="checkbox"/>   |
|               | Orange <input type="checkbox"/> |
|               | White <input type="checkbox"/>  |

presented by:

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in partnership with:



Goode Integrative Health Care



**Reebok**