

Name _____

Department _____



A program of the Unified Government of Athens-Clarke County

Vegetable Log

July 2007-June 2008

Requirement: 3 servings of vegetables per day; 4 days per week
Notes: 3/4 cup of 100% vegetable juice may count as 1 daily serving
 Serving = 1 cup raw vegetables or 1/2 cup cooked or canned vegetables
 Fried vegetables do not count

Vegetable (specify # of servings eaten each day)							Total # of servings	List types of Vegetables
Week of:								
S	M	T	W	TH	F	S		
Week of:								
S	M	T	W	TH	F	S		
Week of:								
S	M	T	W	TH	F	S		
Week of :								
S	M	T	W	TH	F	S		
Week of:								
S	M	T	W	TH	F	S		
Week of:								
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Week of:								
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Week of:								
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Week of:								
S	M	T	W	TH	F	S		
Week of:								
S	M	T	W	TH	F	S		

