Name: _____

Department:_____

WellPoints Vegetable Log Sheet

Requirement: 3 servings of vegetables per day; 4 days per week
Points: 3 points 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

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:								
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		
Week of:								
S	M	T	W	TH	F	S		