



Action Plan for Fruits and Veggies

Name: _____

Date: _____

Check the boxes that describe what you are presently doing and what you plan to do:

Eat one more fruit or veggie every day.

Eat fruit for dessert instead of ice cream, cookies or cake.

Eat a fruit or veggie that I have never tasted or that I disliked in the past.

Drink 100% or diluted fruit or vegetable juice instead of soda.

Eat fruit for a snack instead of potato chips or other high-calorie, low-nutrient snack food.

Choose raw fruits and vegetables at least once a day

My idea for improving my fruit and veggie intake:

Am Doing	Plan to Do
<input type="checkbox"/>	<input type="checkbox"/>

Signature: _____

Date: _____