**Aim for 4 Vegetables & 3 Fruit *or more* per day!**

| Week: 1 | Vegetables Servings | 4 Total | Fruit Servings | 3 Total |
|---|---|---|---|---|
| *Sample* | ☒☒☐☐☐☐ | 2 | ☒☒☐☐☐ | 2 |
| Wed 21 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Thur 22 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Fri 23 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Sat 24 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Sun 25 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Mon 26 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Tues 27 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |

*Remember to also track your servings online: www.forces.gc.ca/4-3

| Week: 2 | Vegetables Servings | 4 Total | Fruit Servings | 3 Total |
|---|---|---|---|---|
| *Sample* | ☒☒☒☐☐☐ | 3 | ☒☒☐☐☐ | 2 |
| Wed 28 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Thur 29 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Fri 30 Sept | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Sat 01 Oct | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Sun 02 Oct | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Mon 03 Oct | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |
| Tues 04 Oct | ☐☐☐☐☐☐ | | ☐☐☐☐☐ | |

*Remember to also track your servings online: www.forces.gc.ca/4-3

## *Estimating a serving size*

**Are you on the ball?**
Here is what 1 serving of Vegetables and Fruit looks like:

**Vegetables**

125 mL (½ cup)
fresh, frozen or canned
cooked leafy vegetables

250mL (1 cup)
raw leafy vegetables

**Fruit**

125 mL (½ cup)
medium-size fruit
fresh, frozen or canned
100% juice

60 mL ( ¼ cup)
dried fruit

*For more information, visit www.forces.gc.ca/4-3 or contact your local Strengthening the Forces health promotion office.*

**Remember to also track your servings online for your chance to win prizes: www.forces.gc.ca/4-3**

# JOIN THE CHALLENGE

## 4&3 *or more* per day!

21 September– 04 October

**Register starting 14 September**
**www.forces.gc.ca/4-3**

Personal Log Book

Name: _____

National Defence / Défense nationale
Health Promotion in the Canadian Forces — Strengthening the Forces / Énergiser les Forces — Promotion de la santé dans les Forces canadiennes
Canada