

# Thrive with Five



Eat 5 servings of fruits and/or vegetables per day over the next 31 days. A serving is one cup of fruits or veggies. There are many ways to get your fruits and veggies in! You eat them raw, put them in a smoothie, add them to soup, etc. Try to get lots of colors in your diet.

Your body will thank you!



**BlueCross BlueShield  
of Western New York**

**ABC/Amega**

# Thrive with Five

## NUTRITION

Days 1–31 (check off as you go)

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 27  | 28  | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  | 31  | 1   | 2   |

Name: \_\_\_\_\_

Source: "101 Challenges: Become the Best You," Tad Mitchell (WellRight, Inc. 2017).