



# Take Action! Registration Form



Welcome to *Take Action!* Please complete this form to register for the program. Your responses will be kept confidential.

1. All About You

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

Work Phone/E-Mail: \_\_\_\_\_

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

Gender:  Male  Female

Age:  Under 25  25 - 34  35 - 44  45 - 54  55 or over

Ethnicity:  Latino/Hispanic/Mexican-American  Asian/Pacific Islander  
 African American/Black  Caucasian/White  Other \_\_\_\_\_

2. How many cups of fruits and vegetables do you eat every day?

For the next week, record the number of cups of fruits and vegetables you eat. Then add up the cups you have eaten each day. This will help you to set your goal.

**½ cup = the size of your cupped hand**

Number of Cups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits							
Vegetables							
Total Cups Each Day							

3. How many fruits and vegetables should I eat every day?

Adults need to eat 3½ to 6½ cups of fruits and vegetables every day. To find out how many fruits and vegetables you should eat every day, use the slide guide that you received from your Team Captain or check out the *Fruit and Vegetable-Making Healthy Choices* handout. Then, answer the question below.

a. I should eat \_\_\_\_ cups of fruits and vegetables every day.

**...GO TO THE NEXT PAGE**



# Take Action! Registration Form (continued)



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

4. My Fruit and Vegetable Goal:

Based on how many cups of fruits and vegetables you already eat and how many you are supposed to eat every day, choose a daily goal for yourself. It can be between what you eat now and what you should eat.

**CIRCLE THE GOAL THAT'S RIGHT FOR YOU.**

<b>Daily Cups:</b>	<b>1</b>	<b>1½</b>	<b>2</b>	<b>2½</b>	<b>3</b>	<b>3½</b>	<b>4</b>	<b>4½</b>	<b>5</b>	<b>5½</b>	<b>6</b>	<b>6½</b>
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My goal is to eat \_\_\_\_ cups of fruits and vegetables every day for the next 10 weeks!

Three steps I need to take to meet my goal:

(example: 1. pack healthy snacks, 2. write a shopping list with lots of fruits and vegetables, 3. find a buddy to support my efforts to eat healthier)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. My buddy's name: \_\_\_\_\_

My reward for meeting my goal is:

(examples: go dancing, plan a fun activity with my family)

\_\_\_\_\_

**Thank You! Please return this form to your Team Captain.**