

Take Action! Weekly Participant Tracking Cards

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(cut)



Take Action! A Worksite Employee Wellness Program

Fruit and Vegetable Weekly Tracking Card

NAME _____

TEAM NAME _____

Participation in *Take Action!* is voluntary. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.



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FOLD



Daily Goal _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Total Daily Cups							

Please turn in this card each week to your Team Captain.

Week # _____ Date _____



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For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.