



Fruit and Vegetable—

Mid-Point Goal Re-Evaluation

Congratulations! You have made it half way through *Take Action!* This is a good time to think about the goal that you set for yourself at the beginning of the program.

Name: _____

Work Phone/E-Mail: _____

Team Name: _____

Was your goal too high too low just right?

ANSWER THE FOLLOWING QUESTIONS TO SEE IF YOU NEED TO RESET YOUR ORIGINAL DAILY GOAL.

- When I started *Take Action!*, it was my goal to eat ____ cups of fruits and vegetables every day.
- During the past 5 weeks, I have met or exceeded my goal:
 - every day on most days of the week only a few days a week hardly ever
- I would like to change my daily goal.
 - Yes (if you answer yes, go to question 4)
 - No (if you answer no, skip question 4 and turn this form into your Team Captain)
- Based on how many fruits and vegetables you have been eating every day for the past 5 weeks, choose a new daily goal for yourself from the table below.

CIRCLE THE GOAL THAT'S RIGHT FOR YOU.

Daily Cups:	1	1½	2	2½	3	3½	4	4 ½	5	5½	6	6½
--------------------	---	----	---	----	---	----	---	-----	---	----	---	----

My NEW goal is to eat ____ cups of fruits and vegetables every day for the next 5 weeks!

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