



'S EAT THE RAINBOW CHALLENGE

How many colors (fruits and veggies) can you eat each week? Each day, color in the box when you eat that color fruit or veggie or have an adult write in the fruit or veggie you tried.



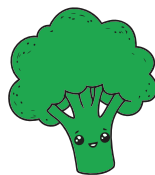
RED



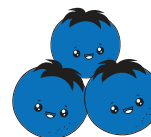
ORANGE



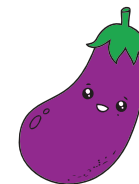
YELLOW



GREEN



BLUE



PURPLE



WHITE

MONDAY

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TUESDAY

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WEDNESDAY

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THURDAY

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FRIDAY

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SATURDAY

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SUNDAY

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MY FAVORITE FRUITS AND VEGGIES THIS WEEK WERE: _____