


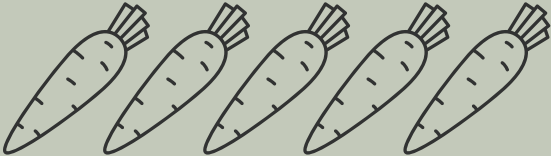

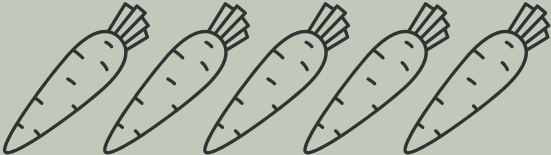

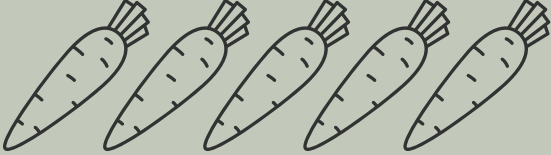

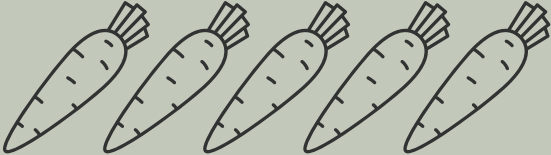

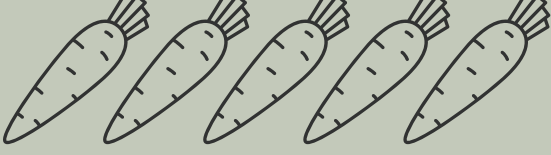

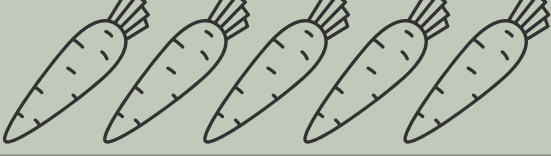

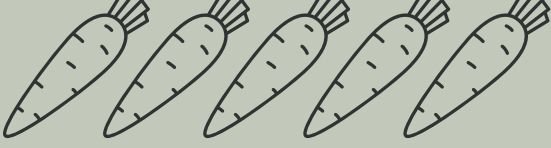
W² Challenge

Healthy Eating



Despite knowing all the benefits of consuming fruits and vegetables, many of us may struggle to get enough servings each day. Are you reaching the daily recommendations of at least 2 cups of fruits and 2 1/2 cups of vegetables? Give this challenge a try and track your daily consumption of both fruits and vegetables.

Week 1






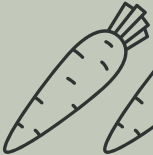
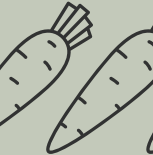









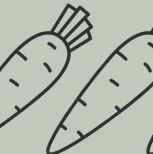

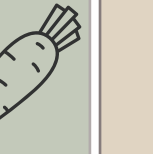






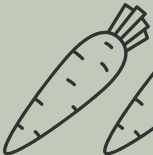
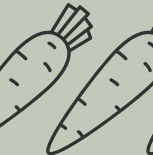

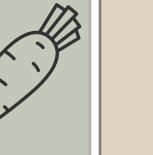









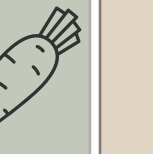






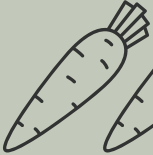
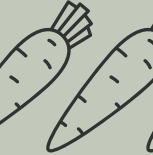
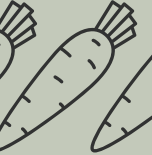
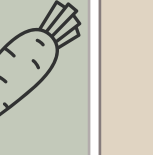






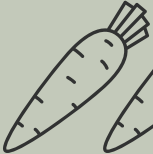
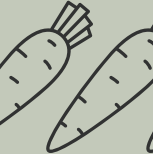

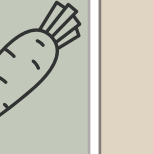






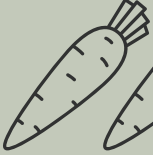
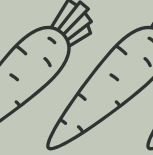

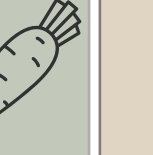

	Number of Cups of Fruits & Vegetables Consumed	Goal
DAY 1	 	
DAY 2	 	
DAY 3	 	
DAY 4	 	
DAY 5	 	
DAY 6	 	
DAY 7	 	

W² Challenge

Healthy Eating



Week 2






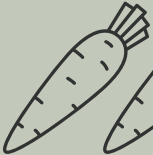
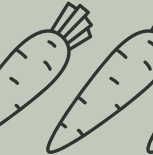


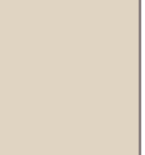





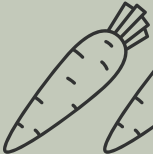
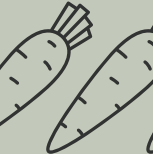


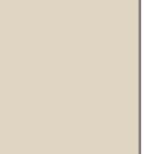





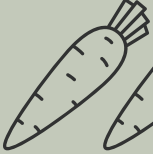
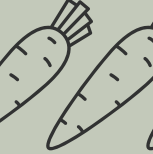


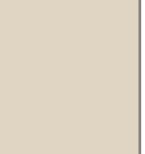





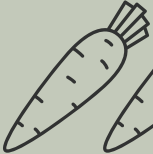
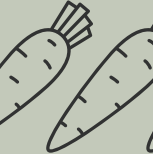
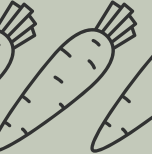
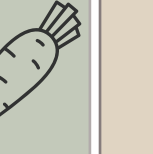
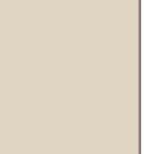





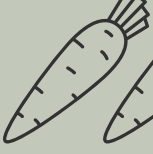
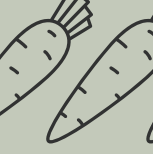

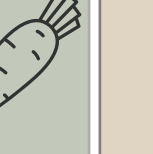
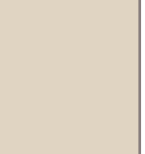





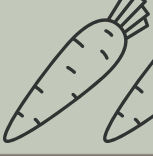
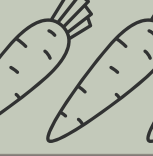

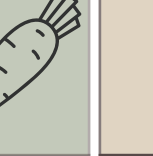
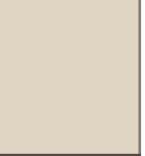





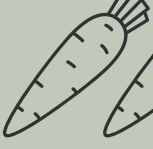
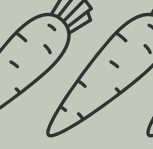
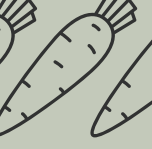

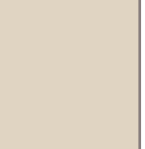
	Number of Cups of Fruits & Vegetables Consumed										Goal
DAY 1											
DAY 2											
DAY 3											
DAY 4											
DAY 5											
DAY 6											
DAY 7											

W² Challenge

Healthy Eating



Week 3






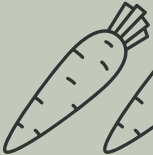
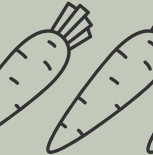


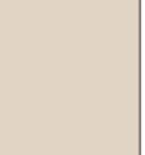





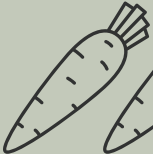
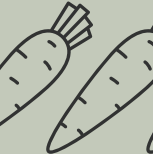


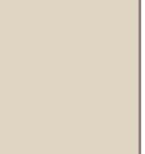





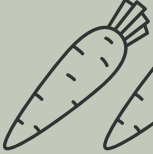
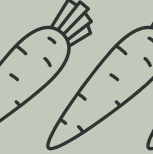


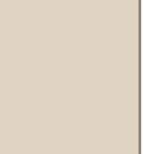





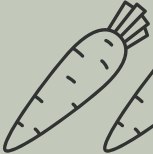
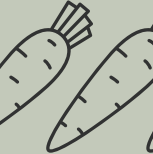
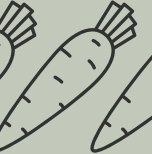
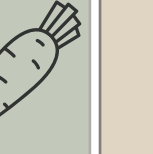
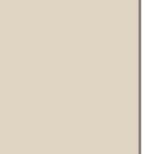





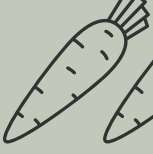
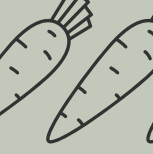

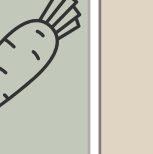
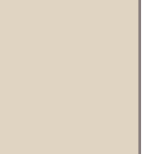





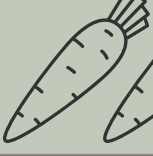
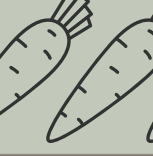

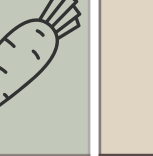
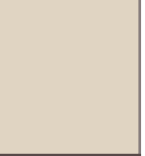
	Number of Cups of Fruits & Vegetables Consumed										Goal
DAY 1											
DAY 2											
DAY 3											
DAY 4											
DAY 5											
DAY 6											
DAY 7											

W² Challenge

Healthy Eating



Week 4

	Number of Cups of Fruits & Vegetables Consumed										Goal
DAY 1											
DAY 2											
DAY 3											
DAY 4											
DAY 5											
DAY 6											
DAY 7	