VEGGIE AND FRUIT COLOR TRACKER

Use the following table to tally the number of foods you eat per color, per day. This will give you an idea of the variety of colors you're consuming over a week's time.

	65						S.	
	Red	Orange	Yellow	Green	Blue	Purple	Tan	Daily Total
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Color Totals								



