## **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								



