



## Challenge: For the Love of Veggies

Let's give veggies some extra love this month! Add some to your favorite soup or dish, dip some in your favorite sauce or just eat some plain.

**INSTRUCTIONS:** Award yourself one (1) point for every serving of veggies you eat this month. Tally your points in the calendar below.

Name: \_\_\_\_\_ Member Number: \_\_\_\_\_

| Sunday<br>1 | Monday<br>2 | Tuesday<br>3 | Wednesday<br>4 | Thursday<br>5 | Friday<br>6 | Saturday<br>7 |
|-------------|-------------|--------------|----------------|---------------|-------------|---------------|
| 8           | 9           | 10           | 11             | 12            | 13          | 14            |
| 15          | 16          | 17           | 18             | 19            | 20          | 21            |
| 22          | 23          | 24           | 25             | 26            | 27          | 28            |

Did you earn **50 points** this month? Submit your points by **MARCH 4, 2026** to be entered in the prize drawing.



Total Points for the Month

\*Please note that this challenge is **not** intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.

FEBRUARY 2026  Tracking Sheet