



- Leafy vegetables are some of the healthiest foods we can consume and helps reduce the risk of many illnesses like cancer and heart disease.
- How long will it take you to eat 100 servings?
 - One serving is 1 cup of raw or ½ cup of cooked.
 - No minimum requirement to consume per day.
- The program is for employees and spouses.
- Challenge begins April 1st, 2024.
- Take as long as you need to complete the program. There is no deadline.
- Write the number of servings consumed each day (This would take approximately 50 days to complete based on 2 servings per day).
- When 100 servings is consumed, return the form to receive a gift card.

Name

This log is just a reference use as you want or app etc.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly total

Continued
on side 2

