

 **Try It, Taste It, Tally it Up: Fruit and Vegetable Challenge Tally Sheet**

1. Sign up for the WellNYS Everyday August Monthly Challenge at <https://wellnys.goer.ny.gov/>
2. Create a goal for how many different varieties of fruits and vegetables you will try from August 1–31, 2021. My goal is to taste \_\_\_\_\_\_ fruit and vegetables.
3. Tally all the fruits and vegetables on this sheet. At the end of the month, compare your goal to the actual number.
4. If you eat the same fruits or vegetables again, you do not need to write it on the tally sheet.
5. Scan and email this tally form by Sept 10 to Linda.carignan-everts@eap.ny.gov. The participant with the highest number will receive a vegetable peeler. All participants will receive a ranking list with the results.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| **Date** | **Name of fruits and/or vegetables** | **Daily Total** | **Monthly Total** |
| Example – Day 1 | banana, romaine lettuce, tomato, broccoli | 4 | 4 |
| Example – Day 2 | cucumber, apple, orange, iceberg lettuce, corn | 5 | 9 |
| Sunday, August 1 |  |  |  |
| Monday, August 2 |  |  |  |
| Tuesday, August 3 |  |  |  |
| Wednesday, August 4 |  |  |  |
| Thursday, August 5 |  |  |  |
| Friday, August 6 |  |  |  |
| Saturday, August 7 |  |  |  |
| Sunday, August 8 |  |  |  |
| Monday, August 9 |  |  |  |
| Tuesday, August 10 |  |  |  |
| Wednesday, August 11 |  |  |  |
| Thursday, August 12 |  |  |  |
| Friday, August 13 |  |  |  |
| Saturday, August 14 |  |  |  |
| Sunday, August 15 |  |  |  |
| Monday, August 16 |  |  |  |
| Tuesday, August 17 |  |  |  |
| Wednesday, August 18 |  |  |  |
| Thursday, August 19 |  |  |  |
| Friday, August 20 |  |  |  |
| Saturday, August 21 |  |  |  |
| Sunday, August 22 |  |  |  |
| Monday, August 23 |  |  |  |
| Tuesday, August 24 |  |  |  |
| Wednesday, August 25 |  |  |  |
| Thursday, August 26 |  |  |  |
| Friday, August 27 |  |  |  |
| Saturday, August 28 |  |  |  |
| Sunday, August 29 |  |  |  |
| Monday, August 30 |  |  |  |
| Tuesday, August 31 |  |  |  |
|  | Total of different fruits and vegetables for August  |  |  |