

Count Your Colors For the Whole Week

How many colors of fruits and vegetables have you eaten today? Mark the boxes below to show it! Try to get at least four colors every day. Then see what colors are missing and be sure to eat them tomorrow. Fresh, jarred, canned and frozen count! Challenge your parents, siblings or friends to see who can eat the most colors. At the end of the week, use your grand total to find out which badge you earned!

How many?	1	2	3	4	5	6	7	8	9	10	Total For Week:
Red											
Orange											
Yellow											
Green											
Blue + Purple											
White											

Grand Total:

Brave Beginner



Super Star-ter



Healthy Hero



Rainbow Rockstar

