



# Personal Scorecard

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_ County: \_\_\_\_\_

## Eat Variety for Better Nutrition!

Try to eat at least one serving from every category, every week

- Fruit (F) fresh, cooked, or canned (1 medium piece or ½ cup chopped)
- Vegetable (V) raw or cooked, fresh, canned or frozen (1/2 cup)
- Leafy vegetables (L) raw lettuce, spinach, etc. (1 cup)
- Juice (J) 100% fruit or veg. (3/4 cup)
- Dry beans or peas (B) cooked kidney beans, white beans, chick peas, lentils, split peas, etc. (1/2 cup)
- Dried fruit (D) raisins, prunes, dried apricots, etc. (1/4 cup)

Mark daily servings (F, V, L, etc.) down columns

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>1st Serving of the day</b>							
<b>2nd Serving of the day</b>							
<b>3rd Serving of the day</b>							
<b>4th Serving of the day</b>							
<b>5th Serving of the day</b>							
<b>Ready to go for serving #6-7-8-9?</b>							

Week \_\_\_\_\_ : Dates \_\_\_\_\_

Return to your wellness coordinator at end of week

Add up your servings (1 point each)

**TOTAL WEEKLY POINTS:**



Together.  
Better.  
Stronger.

TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL