

Name:



Eat a different portion of fruit or veg, then tick a box for that day.



A large circular chart divided into seven segments, one for each day of the week. In the center is a purple circle with the number '5' and 'a-day' below it. Each segment contains five small, empty square checkboxes. The days are: Sunday (yellow), Monday (red), Tuesday (orange), Wednesday (light blue), Thursday (light green), Friday (purple), and Saturday (pink). The chart is surrounded by various fruits and vegetables like strawberries, grapes, kiwi, carrots, lemons, and bananas.

