

# The 6x6 Challenge

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Use this chart to help keep track of your intake of fruits and veggies over the next 30 days. Mark the number of servings eaten at each meal, using the serving size guide below. Tally the day's total, aiming for a minimum of six servings per day, six days of the week.



	Mon 6/1	Tues 6/2	Wed 6/3	Thurs 6/4	Fri 6/5	Sat 6/6	Sun 6/7
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total							

	Mon 6/8	Tues 6/9	Wed 6/10	Thurs 6/11	Fri 6/12	Sat 6/13	Sun 6/14
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total							

	Mon 6/15	Tues 6/16	Wed 6/17	Thurs 6/18	Fri 6/19	Sat 6/20	Sun 6/21
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total							

	Mon 6/22	Tues 6/23	Wed 6/24	Thurs 6/25	Fri 6/26	Sat 6/27	Sun 6/28
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total							

	Mon 6/29	Tues 6/30
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Total		



**Notes:** 3 apricots - 2 figs - 20 grapes -10 lychee - 20 cherries = 1 fruit serving; 6 oz vegetable juice = 1 veg serving