



January 2010



For each day in the month of January, record your fruit and vegetable servings on the calendar. At the end of the month log onto our website to record the number of servings during the month of January.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30