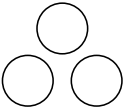
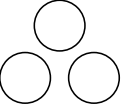
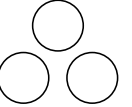
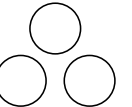
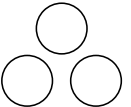
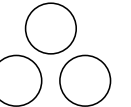
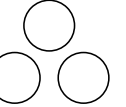
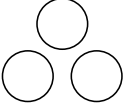
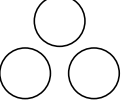
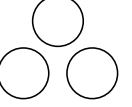
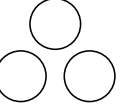
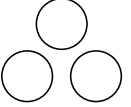
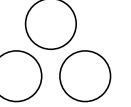
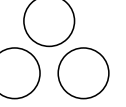
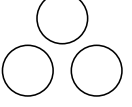
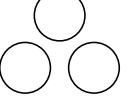
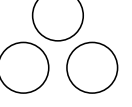
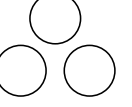
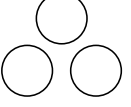
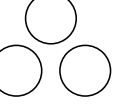
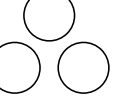
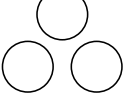
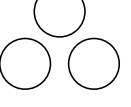
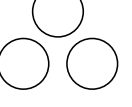
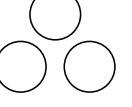
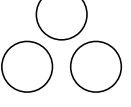
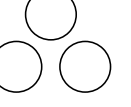
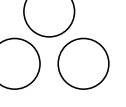
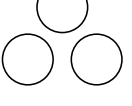


Project Veg-Up Tracker

January 2022

Goal For January: 3 vegetable servings per day

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

Notes & Observations:

Project Veg-Up Tracker

January 2022

Goal For January: 1 vegetable at every meal (except breakfast)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	3 L: <input type="radio"/> D: <input type="radio"/>	4 L: <input type="radio"/> D: <input type="radio"/>	5 L: <input type="radio"/> D: <input type="radio"/>	6 L: <input type="radio"/> D: <input type="radio"/>	7 L: <input type="radio"/> D: <input type="radio"/>	8 L: <input type="radio"/> D: <input type="radio"/>	9 L: <input type="radio"/> D: <input type="radio"/>
	10 L: <input type="radio"/> D: <input type="radio"/>	11 L: <input type="radio"/> D: <input type="radio"/>	12 L: <input type="radio"/> D: <input type="radio"/>	13 L: <input type="radio"/> D: <input type="radio"/>	14 L: <input type="radio"/> D: <input type="radio"/>	15 L: <input type="radio"/> D: <input type="radio"/>	16 L: <input type="radio"/> D: <input type="radio"/>
Week 2	17 L: <input type="radio"/> D: <input type="radio"/>	18 L: <input type="radio"/> D: <input type="radio"/>	19 L: <input type="radio"/> D: <input type="radio"/>	20 L: <input type="radio"/> D: <input type="radio"/>	21 L: <input type="radio"/> D: <input type="radio"/>	22 L: <input type="radio"/> D: <input type="radio"/>	23 L: <input type="radio"/> D: <input type="radio"/>
	24 L: <input type="radio"/> D: <input type="radio"/>	25 L: <input type="radio"/> D: <input type="radio"/>	26 L: <input type="radio"/> D: <input type="radio"/>	27 L: <input type="radio"/> D: <input type="radio"/>	28 L: <input type="radio"/> D: <input type="radio"/>	29 L: <input type="radio"/> D: <input type="radio"/>	30 L: <input type="radio"/> D: <input type="radio"/>
Week 3	31 L: <input type="radio"/> D: <input type="radio"/>						
Week 4							
Week 5							

Notes & Observations:

Project Veg-Up Tracker

January 2022

Goal For January: 1 vegetable per day

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>
Week 2	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>
Week 3	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>
Week 4	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>
Week 5	31 <input type="checkbox"/>						

Notes & Observations: