



Week 1: Accountability Card

This week is about ways to shop for healthy produce and how we will incorporate them into our diet.

	List a piece of fruit you ate today	List one vegetable you ate today
Day: 1		
Day: 2		
Day: 3		
Day: 4		
Day: 5		
Day: 6		
Day: 7		

Grocery Shopping List for the Week: The Produce Aisle

[illegible]