



# Tracking Form

- This is a points based challenge.
- Earn points daily from the list below. Points may be repeated on multiple days.
- Everyone who submits their points by Monday, April 27 at 5 p.m. will be entered into a prize drawing.

**Monday, April 20-Sunday, April 26**

### Prizes

Prizes will be determined soon. Check our social media on Facebook and Instagram for an additional announcement.

### Submit your points to:

Email your tracking form to Beth Northuis by 5 p.m. Monday, April 27.

### Contact

Beth Northuis  
 (269) 387-3762  
 beth.northuis@wmich.edu

### Point tracker

| Monday<br>April 20 | Tuesday<br>April 21 | Wednesday<br>April 22 | Thursday<br>April 23 | Friday<br>April 24 | Saturday<br>April 25 | Sunday<br>April 26 | Grand<br>Total |
|--------------------|---------------------|-----------------------|----------------------|--------------------|----------------------|--------------------|----------------|
|                    |                     |                       |                      |                    |                      |                    |                |

### Receive one-point for completing each item listed below:

#### Consume vegetables

- Five or more servings of fruits and vegetables
- One or more servings of leafy greens
- One or more servings orange/yellow fruits or vegetables
- One or more servings purple/blue/red fruits or vegetables
- One or more servings cruciferous vegetables (kale, arugula, bok choy, cabbage, broccoli, brussel sprouts, cauliflower, turnip, radish, kohlrabi)

#### Try something new

- Try a new fruit or vegetable
- Eat a plant-based, meat free lunch or dinner
- Try a new recipe where vegetables are the star
- Try a smoothie for breakfast or lunch, which includes leafy greens



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