



Exotic Fruit Challenge Tracking Sheet

Name _____

Department _____

<p>Pair some apples slices with low-fat cheese. (10 points)</p>	<p>Add sliced lemon, lime, cucumbers or berries to your water. (5 points)</p>	<p>Find out more about <u>Mangosteen</u> and see if you can find it at your local grocery store. (25 points)</p>	<p>Fill <u>half your plate</u> with fruit and/or veggies at a meal. (20 points)</p>	<p>Whip up some <u>Chocolate Nice Cream</u> for a sweet treat. (10 points)</p>
<p>Add fruit to oatmeal, yogurt, waffles or pancakes. (5 points)</p>	<p>Try this <u>Apple-Banana Salad with Peanuts</u> recipe. (15 points)</p>	<p>Keep a food journal to track your progress with fruits and veggies. (20 points)</p>	<p>Ever eaten <u>Star Fruit</u>? Learn about its food facts and try one! (25 points)</p>	<p>Eating out? Order a fruit and/or veggie-based side. (10 points)</p>
<p>Eat 3 different fruits in one day – such as strawberries, orange and apple. (20 points)</p>	<p>Taste this <u>Dragon Fruit Smoothie</u> recipe. (25 points)</p>	<p>Prepare a simple fresh fruit salad. (10 points)</p>	<p>Make a list of 5 fruits you have never eaten and would try. (5 points)</p>	<p>Drink your fruit. Blend up a simple fruit smoothie. (15 points)</p>
<p>Instead of refilling the office candy bowl, fill a fruit bowl for your coworkers. (15 points)</p>	<p>At your next office meeting, bring a variety of fresh fruit to share. (20 points)</p>	<p>Identify an eating habit(s) you'd like to improve. (5 points)</p>	<p>Add apples, grapes and/or raisins to chicken salad. (10 points)</p>	<p>Look up a <u>Guava</u> recipe that interests you and share with a co-worker. (25 points)</p>
<p>Take some mandarin oranges (fresh or canned) to-go as part of your breakfast. (5 points)</p>	<p>Try an exotic fruit salad by adding papaya, star fruit and/or guava. (25 points)</p>	<p>Prepare a small container of fruit for work. (10 points)</p>	<p>Find out <u>how many calories</u> are in the fruit(s) you bought this week. (15 points)</p>	<p>Switch your side of chips for a side of fruit (fresh or canned). (5 points)</p>
<p>Search your grocery store for <u>Passion Fruit</u> and try one! (25 points)</p>	<p>Try some unsweetened dried fruit (apples, apricots, cherries, figs, mangoes). (10 points)</p>	<p>Try this <u>Power Berry Smoothie</u> recipe. (15 points)</p>	<p>Make a fruit kabob for a family-friendly snack. (10 points)</p>	<p>Try grilled or baked fruit as a healthier dessert option. (10 points)</p>

Total Points: _____

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