

Gobble Up Those Veggies Challenge Rules & Instructions

1. Each day, keep a tally of the number of fruit/vegetable servings beside their name. The recommended servings for age and gender are found at the top of the chart.

1 serving of fruits or vegetables:

- ½ cup chopped fruit or vegetables
- 1 cup leafy greens
- 1 medium apple, orange, tomato, etc.

2. Each day add a “Daily Challenge” to encourage family members to try something new or do something they don’t always do.

Some examples you can use:

- Try a new vegetable
- Eat a certain vegetable raw, cooked, etc.
- Have a fruit with breakfast
- Have 3 different vegetables with dinner

The Daily Challenge can be the same for all members or each member can have a unique one.

3. At the end of the week, reward yourselves for good performance. Enjoy a special outing or anything else the family agrees upon.

Here’s how your form might look after filling out one day:

Day 1 – Date: *January 15*

Family Member:	Servings Eaten:	Daily Challenge: <i>Eat a New Vegetable</i>
<i>Jill</i>	☞	✓
<i>Jack</i>		✓
<i>Mom</i>	☞	✓
<i>Dad</i>	☞ ☞	✓

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Family

Gobble Up Those Fruit & Veggies Challenge

Daily Recommendation:

Ages	2-3	4-8	9-13	Female 14-18	Male 14-18	Female 19-49	Male 19-49	51+
Servings	4	5	6	7	8	7-8	8-10	7

Day 1 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 2 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 3 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 4 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 5 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 6 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 7 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Are You A Blogger Too? Do You Face Content Challenges?

Everyone does. Here are 5 truths you need to do and know.

One

Quit beating yourself up. Blogging is hard work! Bet you didn't expect that did you? Most people won't tell you that up front but you and I both know it.

Two

It's perfectly normal to experience seasons of writing inspiration. When it hits you, blog like crazy but don't publish them all at once. Schedule them for gradual publishing over time.

Three

Rally up your friends. Ask your readers, social network, business partners, students, customers etc. if they'd like to be guest bloggers.

Four

Who says blog posts have to be epic stories, 300 or 500 word articles? Mix it up by sharing an inspirational video or a hilarious image with a short commentary.

Five

Leverage private label content or PLR for short. If you don't know what it is, PLR is simply content you can buy with rights to modify, re-use or adapt as your own. Sounds expensive? You'll be surprised how affordable they are. You can get great article packs or even books for as low as \$20. Catch a sale and you can even get 15 reports for \$27. A word of caution before you buy. There are lots of not so great PLR sellers out there. Thankfully, we know of some good ones. Start at these sites:

- ❖ [Yummy PLR](#)
- ❖ [Special Report Club](#)
- ❖ [Success PLR](#)
- ❖ [DIY PLR](#)
- ❖ [All Private Label Content](#)
- ❖ [PLR Nook](#)
- ❖ [Mom PLR eBooks](#)
- ❖ [Checklist PLR](#)
- ❖ [Easy PLR](#)
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Here's a secret. Did you know this chart/printable started off as a PLR document? If you found it useful and liked it, your readers will too. Go ahead, give PLR a chance or [like this page](#) on Facebook to learn more.