

RCDE Challenge

Personal Tally Sheet

***count raw, cooked, frozen, and canned**
***do not count corn, potatoes, dried fruit, or juices**

Week 1:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Veggies & Fruit*								0
Exercise								0
Water								0
Total								0
Cumulative Total								0

one point per half cup - 8 points max per day
 one point per 10 minutes - 6 points max per day
 one point per cup - 8 points max per day
 email weekly totals to caroline.shugart@usu.edu

Week 2:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Veggies & Fruit								0
Exercise								0
Water								0
Total								0
Cumulative Total								0

one point per half cup - 8 points max per day
 one point per 10 minutes - 6 points max per day
 one point per cup - 8 points max per day
 email weekly totals to caroline.shugart@usu.edu

Week 3:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Veggies & Fruit								0
Exercise								0
Water								0
Total								0
Cumulative Total								0

one point per half cup - 8 points max per day
 one point per 10 minutes - 6 points max per day
 one point per cup - 8 points max per day
 email weekly totals to caroline.shugart@usu.edu

Week 4:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Veggies & Fruit								0
Exercise								0
Water								0
Total								0
Cumulative Total								0

one point per half cup - 8 points max per day
 one point per 10 minutes - 6 points max per day
 one point per cup - 8 points max per day
 email weekly totals to caroline.shugart@usu.edu

Week 5:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Veggies & Fruit								0
Exercise								0
Water								0
Total								0
Cumulative Total								0

one point per half cup - 8 points max per day
 one point per 10 minutes - 6 points max per day
 one point per cup - 8 points max per day
 email weekly totals to caroline.shugart@usu.edu