# VEGETABLE COUNTER

The aim of this week's challenge is to increase the number of different types of vegetables you are eating.

## How many vegetables did I eat last week?

Take some time to write down all of the vegetables you ate last week.
Then tally up how many different vegetables you ate and write it in the box below!

| Vegetables | Total |
|---|---|
| | |

Now the challenge is to increase the number of different vegetables you are eating over the next 4 weeks!
List all the vegetables you eat each week in the middle column. Then at the end of the week tally how many different vegetables you ate.
See if you can beat the previous week, even if it's by adding in only one new type of veg!

## Tracking my vegetable intake:

| Week | Vegetables Eaten | Total |
|---|---|---|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |