



FIVE COLORS A DAY

Hip to Be Fit® Challenge GAME

Hip to BE Fit® Challenge:

Fill in the [Fruit & Vegetable Weekly Calendar](#) and share the fillable PDF using the form on the website at www.ndi-nm.org/hiptobefit.

Supplies needed:

*Daily Fruit and
Vegetable Weekly
Calendar*

1. Let's see how many colors of fruits and vegetables you can eat in one week! Watch this video to learn more about why it is important to eat fruits and vegetables everyday:
<https://youtu.be/L1StpMfMwXY>
2. After you watch the video, open the NDI New Mexico [Hip to Be Fit® Fruit & Vegetable Weekly Calendar](#) fillable PDF to track of all the fruits and vegetables you eat during the week, according to their color.
3. When you open the calendar in your browser, download it to your desktop. Then, open the PDF from your desktop and fill in your information. Make sure to save your progress! Then, at the end of the week, visit the link above on our website, and upload your filled out PDF with the form, on the bottom of the page.



www.ndi-nm.org