

March is National Nutrition Month

Can you eat 30 different vegetables in 30 days?

VegOut!

Take the Challenge



MARCH 1-31

Start anytime

Pick up your checklist at the front desk of any
FirstHealth Fitness Center.

Turn in form by April 4th to be eligible for prizes.

FirstHealth
FITNESS

VegOut! CHECKLIST

NAME: _____

FITNESS CENTER LOCATION: _____

PHONE: _____

EMAIL: _____

Check off each vegetable you eat. Goal is to eat *30 different vegetables* by March 31st. No limit to how many you can eat per day. Turn in your sheet to the front desk by April 4 to be eligible for prizes!

- | | | |
|--|---|--|
| <input type="checkbox"/> Acorn Squash | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Porcini Mushroom |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Edamame | <input type="checkbox"/> Portobello |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Potato, Purple |
| <input type="checkbox"/> Asparagus, Green | <input type="checkbox"/> Endive | <input type="checkbox"/> Potato, Red |
| <input type="checkbox"/> Asparagus, Purple | <input type="checkbox"/> Escarole | <input type="checkbox"/> Potato, White |
| <input type="checkbox"/> Asparagus, White | <input type="checkbox"/> Fennel | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Bean Sprouts | <input type="checkbox"/> Grape Tomatoes | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Green Leaf Lettuce | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Jalapeno | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Jicama | <input type="checkbox"/> Scallion |
| <input type="checkbox"/> Bell Pepper, Purple | <input type="checkbox"/> Kale | <input type="checkbox"/> Shallot |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Shiitake Mushroom |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Leek | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Black-Eyed Peas | <input type="checkbox"/> Lentils, Brown | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Lentils, Green | <input type="checkbox"/> Sugar Snap Peas |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Lentils, Red | <input type="checkbox"/> Summer Squash |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Lentils, Yellow | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Mung Beans | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Mushroom | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Cabbage, Napa | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Cabbage, Red | <input type="checkbox"/> Navy Beans | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Okra | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Onion, White | <input type="checkbox"/> Yam |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cherry Tomatoes | <input type="checkbox"/> Parsnip | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Peas | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Pinto Beans | <input type="checkbox"/> _____ |