



## Week 1 ~ Variety!

Can you get 30 different types in 7 days?

<b>Day</b>	<b>Fibre Sources Consumed</b> <i>Fruit, veg, seeds, nuts, wholegrains &amp; legumes</i>	<b>Running tally</b>
1		
2		
3		
4		
5		
6		
7		

*I would love to see how you go! Take a picture & tag me on FB or IG!*

**Total = \_\_\_\_\_**