

Harvest Health Tune-Up

goal	item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
3 servings	beans (½ cup beans or lentils or ¼ cup hummus)							
1 serving	berries (½ cup fresh or frozen, ¼ cup dried)							
3 servings	other fruits (1 medium, 1 cup cut up, ¼ cup dried)							
1 serving	cruciferous vegetables (½ cup)							
2 servings	greens (1 cup raw leafy or ½ cup raw or cooked)							
2 servings	other vegetables (½ cup)							
1 serving	flaxseeds (1 tablespoon, ground)							
1 serving	nuts (½ cup nuts or 2 tablespoons nut butter)							
1 serving	turmeric (¼ teaspoon)							
3 servings	whole grains (½ cup, 1 slice bread, 1 tortilla)							
5 glasses	tap water (12 ounces)							
23	goal and progress	0	0	0	0	0	0	0
3 units	exercise (30 minutes moderate, 13 minutes vigorous)							
3 units	mediation (10 minutes)							
8 hours	sleep*							
14	goal and progress	0	0	0	0	0	0	0
note	you may need more or less sleep, but most adults need 7 to 9 hours a night							