

# Track your plants!

Start Day/Date: \_\_\_\_\_ End Day/Date: \_\_\_\_\_

This simple exercise will help keep track of the plants you eat each week to ensure you are getting enough diversity in your diet to feed your body and your microbiome. Simply list all the plants you eat for any given week, make it fun and try new things! Remember, every plant is food for a different microbe, so we want diversity! Any real plant will count towards your **minimum goal of 30 plants each week**. Any fruit, veggie, nut, seed, whole grain, legume, bean or fresh herb will count. But you can only count a food once during the week, even if you eat it multiple times that week. So, if you eat oatmeal and add blueberries, flax seeds, walnuts, and hemp hearts, each one would be counted, so a total of 5 foods would go onto the list. But, if you have a piece of bread that contains 12 different grains, don't list them as 12 different items on the list, only count it as one item. Good luck and have fun with it!

1.	21.	41.
2.	22.	42.
3.	23.	43.
4.	24.	44.
5.	25. Doing great!	45. Woohoo! You're killing it!
6.	26.	46.
7.	27.	47.
8.	28.	48.
9.	29.	49.
10. Doing good!	30. You did it! But keep going....	50. Incredible! Well done!!
11.	31.	51.
12.	32.	52.
13.	33.	53.
14.	34.	54.
15.	35. Great job!	55. Fantastic!
16.	36.	56.
17.	37.	57.
18.	38.	58.
19.	39.	59.
20. Keep going!	40. Keep it up!	60. You're a super plant star!