EAT THE RAINBOW CHALLENGE

Student's Name:

Teacher: Room No.:

	RED	ORANGE/ YELLOW	GREEN	BLUE/ PURPLE	WHITE
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

EAT THE RAINBOW CHALLENGE – QUESTIONNAIRE

Instructions: (1)Print 2 copies of the questionnaire (2)Fill out 1 copy of the questionnaire before you start (3)Do the challenge (4)Fill out the 2 nd copy of the questionnaire after the challenge (5)Compare the before and after questionnaires												
Choose one or two symptoms that bother you the most. Write them on the lines. Now consider how bad each symptom is over the last week and score it by circling a number. (0 = very good, 6 = very bad)												
Symptom 1:	0	1	2	3	4	5	6					
Symptom 2:	0	1	2	3	4	5	6					
General well-being:	0	1	2	3	4	5	6					
Choose an activity that is important to you that your symptom makes difficult or prevents you from doing.												

Come join us at STEAM night and tells us about your experience. We will be offering lots of rainbow colored fruits and veggies.

See you there!

0

1 2

3 4 5

Activity:

6