

	Monday	Tuesday	Wednesday	Thursday
Breakfast				
Lunch				
Diner				
Snack				
H ₂ O	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Activity	_____ 10 20 40 60 min	_____ 10 20 40 60 min	_____ 10 20 40 60 min	_____ 10 20 40 60 min
Fruit	☐☐	☐☐	☐☐	☐☐
Veggies	☐☐△	☐☐△	☐☐△	☐☐△
Protein	☐☐☐☐☐△	☐☐☐☐☐△	☐☐☐☐☐△	☐☐☐☐☐△
Grains	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐
Dairy	☐☐☐	☐☐☐	☐☐☐	☐☐☐

	Friday	Saturday	Sunday	Reflections
Breakfast				Start _____ End _____ <i>Notes:</i> Fruit (2 cups). Examples: 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit Grains (6 ounces). Examples: 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to eat cereal Dairy (3 cups). Examples: 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese Protein (5½ ounces). Examples: 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans.
Lunch				
Diner				
Snack				
H ₂ O	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Activity	_____ 10 20 40 60 min	_____ 10 20 40 60 min	_____ 10 20 40 60 min	
Fruit	☐☐	☐☐	☐☐	
Veggies	☐☐△	☐☐△	☐☐△	
Protein	☐☐☐☐☐△	☐☐☐☐☐△	☐☐☐☐☐△	
Grains	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	
Dairy	☐☐☐	☐☐☐	☐☐☐	