

Directions: Write down ALL of the food you eat, and beverages you drink, during the day. Then write down the number of servings for each food group. Add the totals at the bottom of the table. Finally, circle yes or no for daily goal met.

Meal:	Food/Beverage:	W:	F:	V:	G:	P:	D:	Fats:
Breakfast:								
Lunch:								
Dinner:								
Snack #1:								
Snack #2:								
██████████	TOTAL SERVINGS:							
██████████	DAILY GOAL:	8-11	2	3	5	5	3	5
██████████	DAILY GOAL MET?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
		No	No	No	No	No	No	No

W: CUPS of **water** (8 ounces)

F: Servings of **fruits** (Fist-sized)

V: Servings of **vegetables** (Fist-sized)

G: Servings of **grains** (Fist-sized)

P: Servings of **proteins** (Palm-sized)

D: Servings of **dairy** (Fist-sized)

Fats: Servings of **fats** (Half of thumb-sized)

Directions: Write down ALL of the exercise you perform during the day. Then add up the total time spent exercising for the day. Finally, circle yes or no for daily goal met.

Exercise type/activity:	Time spent (minutes):
Total time for the day:	
Daily goal:	60 minutes
Daily goal met?	Yes No