



Diet and exercise are critical in staying fit. Keep track of your physical activities and diet each day of the week for six weeks.

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WEEK ONE

MONDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
TUESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
WEDNESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
THURSDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
FRIDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
SATURDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
SUNDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
WEEKLY TOTALS								

STUDENT _____ GRADE _____ SCHOOL _____

P.E. TEACHER _____ CLASSROOM TEACHER _____



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WEEK TWO

MONDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
TUESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
WEDNESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
THURSDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
FRIDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
SATURDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
SUNDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
WEEKLY TOTALS							

STUDENT _____ GRADE _____ SCHOOL _____

P.E. TEACHER _____ CLASSROOM TEACHER _____



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WEEK THREE

MONDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
TUESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
WEDNESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
THURSDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
FRIDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
SATURDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
SUNDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
WEEKLY TOTALS								

STUDENT _____ GRADE _____ SCHOOL _____

P.E. TEACHER _____ CLASSROOM TEACHER _____



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WEEK FOUR

MONDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
TUESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
WEDNESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
THURSDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
FRIDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
SATURDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
SUNDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:	
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Minutes (circle one): 20 30 40 50 60+ Parent or guardian initials _____
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
	TOTAL							
WEEKLY TOTALS								

STUDENT _____ GRADE _____ SCHOOL _____

P.E. TEACHER _____ CLASSROOM TEACHER _____



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WEEK FIVE

MONDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
TUESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
WEDNESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
THURSDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
FRIDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
SATURDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
SUNDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
WEEKLY TOTALS							

STUDENT _____ GRADE _____ SCHOOL _____

P.E. TEACHER _____ CLASSROOM TEACHER _____



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WEEK SIX

MONDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
TUESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
WEDNESDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
THURSDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
FRIDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
SATURDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
SUNDAY	MEALS	Grains	Fruits	Vegetables	Meat/Beans	Water/Milk	ACTIVITY:
	BREAKFAST	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	LUNCH	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	DINNER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	TOTAL						
							Minutes (circle one): 20 30 40 50 60+
							Parent or guardian initials _____
WEEKLY TOTALS							

STUDENT _____ GRADE _____ SCHOOL _____

P.E. TEACHER _____ CLASSROOM TEACHER _____

BACK COVER

9"wide x 12"tall (Cover and back cover 4 color)

Carolina C2S 10 pt. cover