



----- How well are you doing? -----

If the goals you set for yourself include improving your food choices and activity level, use the following charts to help you track your progress. Use the resources available on the Web site to help you determine your caloric needs. Remember to take it slow ... don't try to do too much right away.

Week # _____ Date: _____		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Food & Activity Log	Examples:							
Activity/Time	<i>Walk Dog, Clean House=40 min. Play with kids=20 min.</i>							
Food/Daily Recommended								
Fruits ____ cups	2 c.							
Veggies ____ cups	2.5 c.							
Grains ____ oz. eq.	6 oz.							
Meat & Beans ____ oz. eq.	5.5 oz.							
Milk ____ cups	3 c.							
Oils ____ tsp.	6 tsp.							

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