Date: _____
Goals: _____
Weight: _____

Fats (2-3 servings)
☐ ☐ ☐
Dairy (2-3 servings)
☐ ☐ ☐
Protein (4-7oz per day)
☐ ☐ ☐ ☐ ☐ ☐ ☐
Grains (6-8 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Veggies (4-8 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Fruits (3-4 servings)
☐ ☐ ☐ ☐
Water 8oz (8-10 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Junk Food (75 cal portion)
☐
Exercise (15 min blocks)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Date: _____
Goals: _____
Weight: _____

Fats (2-3 servings)
☐ ☐ ☐
Dairy (2-3 servings)
☐ ☐ ☐
Protein (4-7oz per day)
☐ ☐ ☐ ☐ ☐ ☐ ☐
Grains (6-8 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Veggies (4-8 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Fruits (3-4 servings)
☐ ☐ ☐ ☐
Water 8oz (8-10 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Junk Food (75 cal portion)
☐
Exercise (15 min blocks)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Date: _____
Goals: _____
Weight: _____

Fats (2-3 servings)
☐ ☐ ☐
Dairy (2-3 servings)
☐ ☐ ☐
Protein (4-7oz per day)
☐ ☐ ☐ ☐ ☐ ☐ ☐
Grains (6-8 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Veggies (4-8 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Fruits (3-4 servings)
☐ ☐ ☐ ☐
Water 8oz (8-10 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Junk Food (75 cal portion)
☐
Exercise (15 min blocks)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Date: _____
Goals: _____
Weight: _____

Fats (2-3 servings)
☐ ☐ ☐
Dairy (2-3 servings)
☐ ☐ ☐
Protein (4-7 oz's per day)
☐ ☐ ☐ ☐ ☐ ☐ ☐
Grains (6-8 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Veggies (4-8 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Fruits (3-4 servings)
☐ ☐ ☐ ☐
Water 8oz (8-10 servings)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Junk Food (75 cal portion)
☐
Exercise (15 min blocks)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐