

Today is

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits☐ Protein ☐ Dairy

Healthy oils ____ times.

Sweets & solid fats ____ times.

I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did:

Today is

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits☐ Protein ☐ Dairy

Healthy oils ____ times.

Sweets & solid fats ____ times.

I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did:

Today is

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits☐ Protein ☐ Dairy

Healthy oils ____ times.

Sweets & solid fats ____ times.

I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did:

Today is

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits☐ Protein ☐ Dairy

Healthy oils ____ times.

Sweets & solid fats ____ times.

I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did:

Today is

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits

☐ Protein ☐ Dairy

Healthy oils ____ times.

Sweets & solid fats ____ times.

I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did:

Today is

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits

☐ Protein ☐ Dairy

Healthy oils ____ times.

Sweets & solid fats ____ times.

I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did:

Today is

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits

☐ Protein ☐ Dairy

Healthy oils ____ times.

Sweets & solid fats ____ times.

I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did:

Reflect

Things I did well this week:

Things I could do better:

Today is

S M T W T F S

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits ☐ Protein ☐ Dairy

Healthy oils ____ times. Sweets & solid fats ____ times.

💧💧💧 I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did: _____

Today is

S M T W T F S

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits ☐ Protein ☐ Dairy

Healthy oils ____ times. Sweets & solid fats ____ times.

💧💧💧 I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did: _____

Today is

S M T W T F S

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits ☐ Protein ☐ Dairy

Healthy oils ____ times. Sweets & solid fats ____ times.

💧💧💧 I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did: _____

Today is

S M T W T F S

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits ☐ Protein ☐ Dairy

Healthy oils ____ times. Sweets & solid fats ____ times.

💧💧💧 I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did: _____

Today is

S M T W T F S

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits ☐ Protein ☐ Dairy

Healthy oils ____ times. Sweets & solid fats ____ times.

💧💧💧 I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did: _____

Today is

S M T W T F S

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits ☐ Protein ☐ Dairy

Healthy oils ____ times. Sweets & solid fats ____ times.

💧💧💧 I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did: _____

Today is

S M T W T F S

What I Ate: _____

How Many Did I Eat?

☐ Vegetables ☐ Grains ☐ Fruits ☐ Protein ☐ Dairy

Healthy oils ____ times. Sweets & solid fats ____ times.

💧💧💧 I drank plenty of water. ☐ yes ☐ no

I exercised ____ minutes. This is what I did: _____

Reflect

Things I did well this week:

Things I could do better:
