

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?
How Many Did I Eat? Uegetables Grains Fruits
How Many Did I Eat? Vegetables Grains Fruits Protein Dairy
How Many Did I Eat? Vegetables Grains Fruits Protein Dairy Healthy oils times.
How Many Did I Eat? Vegetables Grains Fruits Protein Dairy Healthy oils times. Sweets & solid fats times.

Today is	Today is
What I Ate:	What I Ate:
How Many Did I Eat?	How Many Did I Eat?
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Protein Dairy	Protein Dairy
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Sweets & solid fats times.	Sweets & solid fats times.
I drank plenty of water. yes no	I drank plenty of water. yes no
I exercised minutes. This is what I did:	I exercised minutes. This is what I did:
Today is	Reflect
What I Ate:	Things I did well this week:
How Many Did I Eat?	
Vegetables Grains Fruits	
Protein Dairy	Things I could do better:
Healthy oils times.	
Sweets & solid fats times.	
I drank plenty of water. yes no	
I exercised minutes. This is what I did:	

HEALTH Smart. Daily Eating & Activity Journal

Today is	S M T W T F S
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	☐ Vegetables ☐ Grains ☐ Fruits ☐ Protein ☐ Dairy
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	♦ ♦ ♦ I drank plenty of water. yes no
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