

food Log and activity tracker

DATE _____

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

OTHER



fruits and veggies - see food Log

(RECOMMENDED: 5 SERVINGS A DAY)

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

TOTAL _____



Screen time - computer, tv, video games

(RECOMMENDED: NO MORE THAN 2 HRS)

TOTAL _____



activity tracker

(RECOMMENDED: 60 MINS A DAY OR MORE)

ACTIVITY	MINUTES
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TOTAL _____



Sugary drinks

(RECOMMENDED: ZERO!)

TOTAL _____

Drink water or low-fat milk. Juice is recommended only once a day and you don't have to count 100% juice in the sugar-sweetened drinks.

DID I MEET MY GOALS?

	YES	NO
FRUITS & VEGGIES	<input type="checkbox"/>	<input type="checkbox"/>
SCREEN TIME	<input type="checkbox"/>	<input type="checkbox"/>
PHYSICAL ACTIVITY	<input type="checkbox"/>	<input type="checkbox"/>
SUGARY DRINKS	<input type="checkbox"/>	<input type="checkbox"/>

