Date: _____ Su M Tu W Th F Sa

Time	Food

Water (1 cup per circle)

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Fruit Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Vegetable Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Protein Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Energy & Attitude

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Exercise

Time	Activity	Minutes

Date: _____ Su M Tu W Th F Sa

Time	Food

Water (1 cup per circle)

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Fruit Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Vegetable Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Protein Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Energy & Attitude

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Exercise

Time	Activity	Minutes

Date: _____ Su M Tu W Th F Sa

Time	Food

Water (1 cup per circle)

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Fruit Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Vegetable Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Protein Serving

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Energy & Attitude

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Exercise

Time	Activity	Minutes