| Goals: 1200 calories, min. of activity. |   |                 |              |            |             |     |              |              |          |      |   |   | Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal 1 med. potato, ½ c. cooked rice/pasta |   |                        |          |       |          |             |          |              |        |     |  |
|---|---|-----------------|--------------|------------|-------------|-----|--------------|--------------|----------|------|---|---|--|---|------------------------|----------|-------|----------|-------------|----------|--------------|--------|-----|--|
|   |   |                 |              |            |             |     |              |              |          |      |   |   |  | Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice |                        |          |       |          |             |          |              |        |     |  |
| Bread                                   |   |                 |              |            |             |     |              |              |          |      |   | Fruit 1 fresh fruit, ½ c. canned, ½ c. juice<br>Milk 1 c. skim or 1% milk, plain 1% yogurt  |  |   |                        |          |       |          |             |          |              |        |     |  |
| Veg.                                    | 0   | 0               | 0            | 0          | 0           | 0   | 0            | 0            | 0        | 0    | 0 |   |  |   |                        |          |       |          |             |          | e ch         | eese   |     |  |
| Fruit                                   |   |                 |              |            |             |     |              |              |          |      |   | 2 oz. low-fat cheese, ½ c. (1%) cottage chee <b>Meat</b> ½ c. cooked dried beans, 1 egg, 2 egg white 3 oz. (deck of cards) trimmed, no fat added: |  |   |                        |          |       |          |             |          |              |        |     |  |
| Milk                                    |   |                 |              |            |             |     |              |              |          |      |   |   | -  |   |                        |          |       |          |             |          |              | l: fis | sh, |  |
| Meat                                    |   |                 |              |            |             |     |              |              |          |      |   |   | nicken   |   | •                      |          |       |          |             | an ha    | am,          |        |     |  |
| Fat/Sw                                  |   |                 |              |            |             |     |              |              |          |      |   | ro<br>Fat/Sw 1  | ound o   |   |                        |          |       | -        |             |          |              | 4 14   | 4   |  |
| Taysw                                   |   |                 |              |            |             |     |              |              |          |      |   |   |  |   |                        |          |       |          | ly, s       |          |              | ı bui  | lei |  |
| Total of Activi                         | Total calories Weight Activity (kind, min.)   |                 |              |            |             |     |              |              |          |      |   |   |  |   |                        | she      | erbe  | t or i   | ce m        | ilk      |              | rsna   | ps  |  |
|   | Goals: 1200 calories, min. of activity.  Sat Sun M T W Th Fri Date: min. of act  Sat Sun M T W Th Fri |                 |              |            |             |     |              |              |          |      |   |   |  |   |                        | activ    | ity.  |          |             |          |              |        |     |  |
| Bread                                   |   |                 |              |            |             |     |              | <u> </u>     |          |      |   | Bread   |  |   |                        |          |       |          |             | <u> </u> |              |        |     |  |
| Veg.                                    | 0   | 0               | 0            | 0          | 0           | 0   | 0            | 0            | 0        | 0    | 0 | Veg.  | 0  | 0   | 0                      | 0        | 0     | 0        | 0           | 0        | 0            | 0      | 0   |  |
|   | 0   | 0               |              |            |             |     |              | Ť            |          |      | 0 | Fruit   | 3  |   |                        | Ť        |       |          |             | Ť        |              |        | Ü   |  |
| Fruit                                   |   |                 |              |            |             |     |              |              |          |      |   |   |  |   |                        |          |       |          |             |          |              |        |     |  |
| Milk                                    |   |                 | Н            |            |             |     |              |              |          |      |   | Milk  |  |   |                        |          |       |          |             |          |              |        |     |  |
| Meat                                    |   |                 |              |            |             |     |              |              |          |      |   | Meat  |  |   |                        |          |       |          |             |          |              |        |     |  |
| Fat/Sw                                  | 7   |                 |              |            |             |     |              |              |          |      |   | Fat/Sw  |  |   |                        |          |       |          |             |          |              |        |     |  |
| Activi                                  | Total calories Weight Activity (kind, min.) min. of activity.  Sat Sun M T W Th Fri Date:   |                 |              |            |             |     |              |              |          |      |   |   |  |   | ın.) <u>.</u><br>)0 ca | lorie    | es, _ |          | min<br>Date | . of a   | -<br>activ   | ity.   |     |  |
| Bread                                   |   |                 |              |            |             |     |              |              |          |      |   | Bread   |  |   |                        |          |       |          |             |          |              |        |     |  |
| Veg.                                    | 0   | 0               | 0            | 0          | 0           | 0   | 0            | 0            | 0        | 0    | 0 | Veg.  | 0  | 0   | 0                      | 0        | 0     | 0        | 0           | 0        | 0            | 0      | 0   |  |
| Fruit                                   |   |                 |              |            |             |     |              |              |          |      |   | Fruit   |  |   |                        |          |       |          |             |          |              |        |     |  |
| Milk                                    |   |                 |              |            |             |     |              |              |          |      |   | Milk  |  |   |                        |          |       |          |             |          |              |        |     |  |
| Meat                                    |   |                 |              |            |             |     |              |              |          |      |   | Meat  |  |   |                        |          |       |          |             |          |              |        |     |  |
| Fat/Sw                                  | 7   |                 |              |            |             |     |              |              |          |      |   | Fat/Sw  |  |   |                        |          |       |          |             |          |              |        |     |  |
| Total o                                 |   |                 |              |            |             |     |              |              |          |      |   | Total ca<br>Activity  | alories<br>y (kin  | s <u> </u>                                  | in.) <u>.</u>          |          | Wei   | ght _    |             |          | <del>-</del> |        |     |  |
|   | Goal<br>Sat   | s: 120<br>Sun ] | 00 ca<br>M T | lorie<br>W | es, _<br>Th | Fri | min.<br>Date | . of a<br>e: | activ    | ity. |   |   | Goals:<br>Sat S  |   |                        |          |       |          |             |          |              | ity.   |     |  |
| Bread                                   |   |                 |              |            |             |     |              |              |          |      |   | Bread   |  |   |                        |          |       |          |             |          |              |        |     |  |
| Veg.                                    | 0   | 0               | 0            | 0          | 0           | 0   | 0            | 0            | 0        | 0    | 0 | Veg.  | 0  | 0   | 0                      | 0        | 0     | 0        | 0           | 0        | 0            | 0      | 0   |  |
| Fruit                                   |   | Ť               |              |            |             |     |              |              |          |      | Ĺ | Fruit   |  |   |                        |          |       |          | İ           |          |              |        |     |  |
| Milk                                    |   |                 |              |            |             |     |              |              |          | 1    |   | Milk  |  |   |                        |          |       |          |             |          |              |        |     |  |
|   |   |                 |              |            |             |     |              |              |          |      |   |   |  |   |                        |          |       |          |             |          |              |        |     |  |
| Meat                                    |   |                 |              |            |             |     |              |              |          | 1    |   | Meat  |  |   |                        |          |       |          |             |          |              |        |     |  |
| Fat/Sw                                  | 7   |                 | 1            |            |             |     | <u> </u>     | <u> </u>     | <u> </u> | 1    |   | Fat/Sw  |  | <u> </u>                                    | <u> </u>               | <u> </u> |       | <u> </u> |             | <u> </u> | <u> </u>     |        |     |  |
|   | Total calories Weight Activity (kind, min.)   |                 |              |            |             |     |              |              |          |      |   |   | Total calories Weight Activity (kind, min.)  |   |                        |          |       |          |             |          |              |        |     |  |

| Goals: 1500 calories,   |                       |                |                |          |             |          |  | . of a   | activ      | ity.     |          | Bread 1   |   |                |               | _              |                |                 |            |               | eal        | cheese chites ded: fish, n, anut butter gersnaps tivity.   |          |  |  |  |  |  |  |
|---|-----------------------|----------------|----------------|----------|-------------|----------|--|----------|------------|----------|----------|---|---|----------------|---------------|----------------|----------------|-----------------|------------|---------------|------------|--|----------|--|--|--|--|--|--|
| Sat Sun M T W Th Fr   |                       |                |                |          |             |          | Dat  | e:       |            | _        |          |   | med.  | •              |               |                |                |                 | -          |               |            | cheese whites ded: fish, in, in in the butter of the second secon |          |  |  |  |  |  |  |
| Drand   |                       |                |                |          |             |          |  |          |            |          |          | Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice  Fruit 1 fresh fruit, ½ c. canned, ½ c. juice |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Bread   |                       | _              |                |          |             |          |  |          |            | _        |          | Milk 1 c  |   |                | -             |                |                | -               |            |               |            |  |          |  |  |  |  |  |  |
| Veg.  | 0                     | 0              | 0              | 0        | 0           | 0        | 0  | 0        | 0          | 0        | 0        |   |   |                |               |                |                |                 |            |               | e ch       | eese   |          |  |  |  |  |  |  |
| Fruit   |                       |                |                |          |             |          |  |          |            |          |          | Meat 1/2  |   |                |               |                |                | _               |            |               |            |  |          |  |  |  |  |  |  |
| Milk  |                       |                |                |          |             |          |  |          |            |          |          |   |   |                |               |                |                |                 |            |               |            | d: fis   | sh,      |  |  |  |  |  |  |
| Meat  |                       |                |                |          |             |          |  |          |            |          |          |   | hicker                                      |                |               |                |                |                 |            | an ha         | am,        |  |          |  |  |  |  |  |  |
| Fat/Sw  |                       |                |                |          |             |          |  |          |            |          |          |   | ound  |                |               |                |                |                 |            | 70 <b>n</b> ( | eanii      | t hut  | lter     |  |  |  |  |  |  |
| Total calories Weight Activity (kind, min.) min. of activity. |                       |                |                |          |             |          |  |          |            |          |          |   |   | salad<br>icles | dre<br>, ½ 0  | ssing<br>c. sh | g, jar<br>erbe | n/jel<br>t or i | lly, s     | ugar<br>nilk  |            |  |          |  |  |  |  |  |  |
|   | Goal<br>Sat           | s: 15          | 00 са<br>М Т   | alori    | es, _<br>Th | Fri      | min<br>Dat                                       | of a     | activ      | ity.     |          |   | Goals<br>Sat S                              | : 150          | )0 са<br>л т  | llorie<br>W    | es, _<br>Th    | Fri             | min<br>Dat | . of a        | activ      | ity.   |          |  |  |  |  |  |  |
|   |                       | Jun            |                | T T      | T           | T        | T  | <u> </u> |            | Ī        |          |   |   |                |               |                |                |                 | T          | <u> </u>      |            | _  | Г        |  |  |  |  |  |  |
| Bread   |                       |                |                |          |             |          |  |          |            | $\vdash$ | $\vdash$ | Bread   |   |                |               |                |                |                 |            |               |            | $\vdash$   | $\vdash$ |  |  |  |  |  |  |
| Veg.  | 0                     | 0              | 0              | 0        | 0           | 0        | 0  | 0        | 0          | 0        | 0        | Veg.  | 0   | 0              | 0             | 0              | 0              | 0               | 0          | 0             | 0          | 0  | 0        |  |  |  |  |  |  |
| Fruit   |                       |                |                |          |             |          |  |          |            |          |          | Fruit   |   |                |               |                |                |                 |            |               |            | $ldsymbol{ld}}}}}}$   |          |  |  |  |  |  |  |
| Milk  |                       |                |                |          |             |          |  |          |            |          |          | Milk  |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Meat  |                       |                |                |          |             |          |  |          |            |          |          | Meat  |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Fat/Sw  | ,                     |                |                |          |             |          |  |          |            |          |          | Fat/Sw  |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Total Activi  | Goal<br>Sat           | nd, m<br>s: 15 | nin.)<br>00 ca | alori    | es, _       |          | min  | . of a   | -<br>activ | rity.    | 1        | Total c   | y (kin                                      | d, m           | in.)<br>00 ca | ılori          | es, _          |                 | min        | . of a        | -<br>activ | ity.   |          |  |  |  |  |  |  |
| Bread   |                       |                |                |          |             |          |  |          |            |          |          | Bread   |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Veg.  | 0                     | 0              | 0              | 0        | 0           | 0        | 0  | 0        | 0          | 0        | 0        | Veg.  | 0   | 0              | 0             | 0              | 0              | 0               | 0          | 0             | 0          | 0  | 0        |  |  |  |  |  |  |
| Fruit   |                       |                |                |          |             |          |  |          |            |          |          | Fruit   |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Milk  |                       |                |                |          |             |          |  |          |            |          |          | Milk  |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
|   |                       |                |                |          |             |          |  |          |            |          |          |   |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Meat  |                       | +              |                |          |             |          |  |          |            |          |          | Meat  |   |                |               |                |                |                 |            |               |            |  | H        |  |  |  |  |  |  |
| Fat/Sw  | 7                     |                |                |          |             | <u> </u> |  |          |            |          | <u> </u> | Fat/Sw  |   |                |               |                |                |                 |            |               |            | Щ  | <u></u>  |  |  |  |  |  |  |
| Total<br>Activi   |                       |                |                |          |             |          |  |          |            |          |          | Total c<br>Activit  |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Č   | Goal<br>Sat           |                |                |          |             |          |  |          | activ      | ity.     |          |   | Goals<br>Sat S                              | : 150<br>un N  | 00 са<br>И Т  | lorie<br>W     | es, _<br>Th    | Fri             | min<br>Dat | . of a<br>e:  | activ      | ity.   |          |  |  |  |  |  |  |
| Bread   |                       |                |                |          |             |          |  |          |            |          |          | Bread   |   |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |
| Veg.  | 0                     | 0              | 0              | 0        | 0           | 0        | 0  | 0        | 0          | 0        | 0        | Veg.  | 0   | 0              | 0             | 0              | 0              | 0               | 0          | 0             | 0          | 0  | 0        |  |  |  |  |  |  |
| Fruit   |                       | Ť              |                |          | Ť           | Ť        | Ť  | Ť        | Ť          | Ť        | Ť        | Fruit   |   |                |               |                | Ť              | Ť               | Ť          | Ť             | Ť          | Ť  | Ť        |  |  |  |  |  |  |
|   |                       |                |                |          |             |          |  |          |            |          |          |   |   |                |               |                |                |                 |            |               |            | $\vdash$   | $\vdash$ |  |  |  |  |  |  |
| Milk  |                       |                |                | $\vdash$ | $\vdash$    | ╂        | <del>                                     </del> | 1        | 1          | $\vdash$ | ╂        | Milk  |   |                | $\vdash$      | 1              | 1              | 1               | $\vdash$   | 1             |            | $\vdash$   | $\vdash$ |  |  |  |  |  |  |
| Meat  |                       |                |                |          | -           | -        | -  | -        | -          | -        | -        | Meat  |   |                |               | -              | -              | -               | -          | -             |            | ₩  | ▙        |  |  |  |  |  |  |
| Fat/Sw  | 7                     |                |                |          | <u> </u>    | <u> </u> |  |          | ]          | <u> </u> | 1        | Fat/Sw  |   |                |               |                |                | ]               |            |               |            | <u> </u>   | <u> </u> |  |  |  |  |  |  |
|   | Cotal calories Weight |                |                |          |             |          |  |          |            |          |          |   | Total calories Weight Activity (kind, min.) |                |               |                |                |                 |            |               |            |  |          |  |  |  |  |  |  |

| Goals: 1800 calories,                       |   |     |     |          |          |          |          | . of a      | activ    | ity.     |          | Bread 1           |   |                |                | _              |   |                 |            |             | ge cheese whites added: fish am, eanut butte gingersnaps activity. |          |          |  |  |  |  |  |  |  |  |
|---|---|-----|-----|----------|----------|----------|----------|-------------|----------|----------|----------|-------------------|---|----------------|----------------|----------------|---|-----------------|------------|-------------|--|----------|----------|--|--|--|--|--|--|--|--|
|   | Th  | Fri | Dat | e:       |          | _        |          |             | med.     | -        |          |                   |   |                | -              |                | sta ice ice ice ice irt itage cheese gg whites itadded: fish in ham, in, peanut butte gar ilk is/gingersnaps of activity. : |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Drand                                       |   |     |     |          |          |          |          |             |          |          |          | _                 | Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice  Fruit 1 fresh fruit, ½ c. canned, ½ c. juice |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Bread                                       |   |     |     | _        | _        |          |          |             |          | _        | _        | Milk 1 c          |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Veg.  | 0   | 0   | 0   | 0        | 0        | 0        | 0        | 0           | 0        | 0        | 0        |                   |   |                |                |                | •   |                 |            |             | e ch   | eese     |          |  |  |  |  |  |  |  |  |
| Fruit                                       |   |     |     |          |          |          |          |             |          |          |          |                   |   |                |                |                |   | _               |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Milk  |   |     |     |          |          |          |          |             |          |          |          |                   |   |                |                |                |   |                 |            |             |  | d: fis   | sh,      |  |  |  |  |  |  |  |  |
| Meat  |   |     |     |          |          |          |          |             |          |          |          |                   |   |                |                |                |   |                 |            | an ha       | am,  |          |          |  |  |  |  |  |  |  |  |
| Fat/Sw I                                    |   |     |     |          |          |          |          |             |          |          |          |                   | ound<br>1 TR  |                |                |                |   |                 |            | n n         | eanii  | t hut    | ter      |  |  |  |  |  |  |  |  |
| Total calories Weight Activity (kind, min.) |   |     |     |          |          |          |          |             |          |          |          |                   |   | salad<br>icles | l dre<br>, ½ ( | ssing<br>c. sh | g, jar<br>erbe  | n/jel<br>t or i | lly, s     | ugar<br>ilk |  |          |          |  |  |  |  |  |  |  |  |
| Č   | Goals: 1800 calories, min. of activity.  Sat Sun M T W Th Fri Date:   |     |     |          |          |          |          |             |          |          |          |                   |   |                |                | lorie<br>W     | es, _<br>Th   | Fri             | min<br>Dat | of a        | activ  | ity.     |          |  |  |  |  |  |  |  |  |
|   | Sat 5   | l l | 1   | <br>     | 111      | I        | Dat      | с. <u> </u> |          | Ī        | l        |                   | Sat 5   | un i           | V1 1           | <br>           | 111   | I               | T          | <u> </u>    |  | <br>     | Г        |  |  |  |  |  |  |  |  |
| Bread                                       |   |     |     |          |          |          |          |             |          | -        |          | Bread             |   |                |                |                |   |                 |            |             |  |          | -        |  |  |  |  |  |  |  |  |
| Veg.  | 0   | 0   | 0   | 0        | 0        | 0        | 0        | 0           | 0        | 0        | 0        | Veg.              | 0   | 0              | 0              | 0              | 0   | 0               | 0          | 0           | 0  | 0        | 0        |  |  |  |  |  |  |  |  |
| Fruit                                       |   |     |     |          |          |          |          |             |          |          |          | Fruit             |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Milk  |   |     |     |          |          |          |          |             |          |          |          | Milk              |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Meat  |   |     |     |          |          |          |          |             |          |          |          | Meat              |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Fat/Sw                                      | ,   |     |     |          |          |          |          |             |          |          |          | Fat/Sw            |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Taysw                                       |   |     |     |          |          |          |          |             |          |          | <u> </u> | Tausw             |   |                |                |                |   |                 | 1          |             |  | <u> </u> | <u> </u> |  |  |  |  |  |  |  |  |
| Activi                                      | Total calories Weight<br>Activity (kind, min.)<br>Goals: 1800 calories, min. of activity.<br>Sat Sun M T W Th Fri Date: |     |     |          |          |          |          |             |          |          |          |                   |   | d, m           | in.)<br>00 ca  | ılorie         | es, _   |                 |            | . of a      | -<br>activ   | ity.     |          |  |  |  |  |  |  |  |  |
| Bread                                       |   |     |     |          |          |          |          |             |          |          |          | Bread             |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
|   | 0   | 0   | 0   | 0        | 0        | 0        | 0        | 0           | 0        | 0        | 0        |                   | 0   | 0              | 0              | 0              | 0   | 0               | 0          | 0           | 0  | 0        | 0        |  |  |  |  |  |  |  |  |
| Veg.  | U   | U   | 0   | U        | 0        | U        | U        | U           | U        | U        | U        | Veg.              | U   | U              | U              | 0              | 0   | U               | U          | U           | U  | U        | 0        |  |  |  |  |  |  |  |  |
| Fruit                                       |   |     |     |          |          | <u> </u> |          |             |          | <u> </u> |          | Fruit             |   |                |                |                |   | <u> </u>        |            |             |  |          | -        |  |  |  |  |  |  |  |  |
| Milk  |   |     |     |          |          |          |          |             |          |          |          | Milk              |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Meat  |   |     |     |          |          |          |          |             |          |          |          | Meat              |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Fat/Sw                                      | 7   |     |     |          |          |          |          |             |          |          |          | Fat/Sw            |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Total (<br>Activi                           |   |     |     |          |          |          |          |             |          |          |          | Total o<br>Activi |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
|   | Goals<br>Sat S  |     |     |          |          |          |          |             |          | ity.     |          |                   | Goals<br>Sat S  | : 180<br>un N  | )0 са<br>М Т   | lorio<br>W     | es, _<br>Th   | Fri             | min<br>Dat | . of a      | activ  | ity.     |          |  |  |  |  |  |  |  |  |
| Bread                                       |   |     |     |          |          |          |          |             |          |          |          | Bread             |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
|   | 0   | 0   | 0   | 0        | 0        | 0        |          | ^           | 0        | 0        | 0        |                   | 0   | 0              | 0              | 0              | 0   | 0               | 0          | 0           | 0  | 0        | 0        |  |  |  |  |  |  |  |  |
| Veg.  | 0   | 0   | 0   | 0        | 0        | 0        | 0        | 0           | 0        | 0        | 0        | Veg.              | 0   | 0              | 0              | 0              | 0   | 0               | 0          | U           | U  | U        | 0        |  |  |  |  |  |  |  |  |
| Fruit                                       |   |     |     |          |          | -        |          |             |          | -        |          | Fruit             |   |                |                |                |   | -               |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Milk  |   |     | _   | <u> </u> |          | <u> </u> |          |             |          | <u> </u> | <u> </u> | Milk              |   |                |                | <u> </u>       | <u> </u>  | <u> </u>        | <u> </u>   |             |  |          |          |  |  |  |  |  |  |  |  |
| Meat  |   |     |     |          | <u> </u> |          | <u> </u> | <u> </u>    | <u> </u> |          |          | Meat              |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
| Fat/Sw                                      | 7   |     |     |          |          |          |          |             |          |          |          | Fat/Sw            |   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |
|   | Fat/Sw  |     |     |          |          |          |          |             |          |          |          |                   | Total calories Weight Activity (kind, min.)   |                |                |                |   |                 |            |             |  |          |          |  |  |  |  |  |  |  |  |

| Goals: 2000 calories, |   |                              |                |          |  |              |          | . of a   | activ        | ity.         |              | Bread 1            |   |               |               | _          |  |              |            |                  | eal        | ctivity. |     |  |  |  |  |  |  |  |  |
|-----------------------|---|------------------------------|----------------|----------|--|--------------|----------|--|--------------|--------------|--------------|--------------------|---|---------------|---------------|------------|--|--------------|------------|------------------|------------|----------|-----|--|--|--|--|--|--|--|--|
|                       | Th  | Fri                          | Dat            | e:       |  | _            |          |  | med.         | -            |              |                    |   |               | -             |            |  | ctivity.     |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Bread                 |   |                              |                |          |  |              |          |  |              |              |              | _                  | Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice  Fruit 1 fresh fruit, ½ c. canned, ½ c. juice |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
|                       | 0   |                              | 0              |          | 0  |              |          |  | 0            | 0            | 0            | Milk 1 c           |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Veg.                  | 0   | 0                            | 0              | 0        | 0  | 0            | 0        | 0  | U            | U            | 0            |                    |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Fruit                 |   |                              |                |          |  |              |          |  |              |              |              | Meat ½             |   |               |               |            |  | _            |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Milk                  |   |                              |                |          |  | -            |          |  |              | -            |              |                    |   |               |               |            |  |              |            |                  |            | d: fis   | ih, |  |  |  |  |  |  |  |  |
| Meat                  |   |                              |                |          |  |              |          |  |              |              |              |                    | hicker<br>ound  |               |               |            |  |              |            | 111 III          | 1111,      |          |     |  |  |  |  |  |  |  |  |
| Fat/Sw                |   |                              |                |          |  |              |          |  |              |              |              |                    |   |               |               |            |  |              |            | o, pe            | eanu       | t but    | ter |  |  |  |  |  |  |  |  |
| Total (<br>Activi     | 2   | 2 TB. s<br>2 pops<br>3" oatr | icles          | , ½      | c. sh  | erbe         | t or i   | ice m  | ilk          |              | rsna         | ps                 |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
|                       | Goals<br>Sat S                              | s: 200                       | 00 са<br>м т   | lorie    | es, _  | Fri          | min      | of a   | activ        | ity.         |              |                    | Goals   | : 200         | 00 са         | lorie      | es, _  | Fri          | min        | of a             | activ      | ity.     |     |  |  |  |  |  |  |  |  |
|                       | Sat   | Jun                          | IVI I          | I        | 111  | 1.11         | Dat<br>T | С. <u> </u>                                      |              | Ī            |              |                    | Sat 5   | un r          | VI I          | I          | 111  | 1.11         | Dat        | С. <u>—</u><br>Г |            |          |     |  |  |  |  |  |  |  |  |
| Bread                 |   |                              |                |          |  |              |          |  |              |              |              | Bread              |   |               |               |            |  |              |            |                  |            |          | -   |  |  |  |  |  |  |  |  |
| Veg.                  | 0   | 0                            | 0              | 0        | 0  | 0            | 0        | 0  | 0            | 0            | 0            | Veg.               | 0   | 0             | 0             | 0          | 0  | 0            | 0          | 0                | 0          | 0        | 0   |  |  |  |  |  |  |  |  |
| Fruit                 |   |                              |                |          |  |              |          |  |              |              |              | Fruit              |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Milk                  |   |                              |                |          |  |              |          |  |              |              |              | Milk               |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Meat                  |   |                              |                |          |  |              |          |  |              |              |              | Meat               |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Fat/Sw                | 7   |                              |                |          |  |              |          |  |              |              |              | Fat/Sw             |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Tuysw                 |   |                              |                |          |  |              |          |  |              |              |              | 1 dt/ 5W           | •   | •             |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Total of Activi       | ty (kin<br>Goals<br>Sat S                   | nd, m<br>s: 200              | nin.)<br>00 ca | ılorie   | es, _  |              | min      | . of a   | -<br>activ   | rity.        |              | Activit            | y (kin  | d, m          | in.)<br>00 ca | ılori      | es, _  |              | min        | . of a           | -<br>activ | ity.     |     |  |  |  |  |  |  |  |  |
| Bread                 |   |                              |                |          |  |              |          |  |              |              |              | Bread              |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
|                       | 0   | 0                            | 0              | 0        | 0  | 0            | 0        | 0  | 0            | 0            | 0            |                    | 0   | 0             | 0             | 0          | 0  | 0            | 0          | 0                | 0          | 0        | 0   |  |  |  |  |  |  |  |  |
| Veg.                  | U   | 10                           | U              | U        | 0  | U            | U        | U  | U            | U            | U            | Veg.               | U   | U             | U             | 0          | U  | U            | U          | U                | U          | U        | U   |  |  |  |  |  |  |  |  |
| Fruit                 |   |                              |                |          |  |              |          |  |              | <u> </u>     |              | Fruit              |   |               |               |            |  |              |            |                  |            |          | -   |  |  |  |  |  |  |  |  |
| Milk                  |   |                              |                |          |  |              |          |  |              |              |              | Milk               |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Meat                  |   |                              |                |          |  |              |          |  |              |              |              | Meat               |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Fat/Sw                | 7   |                              |                |          |  |              |          |  |              |              |              | Fat/Sw             |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Total (<br>Activi     |   |                              |                |          |  |              |          |  |              |              |              | Total c<br>Activit |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Č                     | Goals                                       |                              |                |          |  |              |          |  |              | ity.         |              | Č                  | Goals<br>Sat S  | : 200<br>un 1 | 00 са<br>И Т  | lorie<br>W | es, _<br>Th                                      | Fri          | min<br>Dat | . of a           | activ      | ity.     |     |  |  |  |  |  |  |  |  |
| Bread                 |   |                              |                |          |  |              |          |  |              |              |              | Bread              |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Veg.                  | 0   | 0                            | 0              | 0        | 0  | 0            | 0        | 0  | 0            | 0            | 0            | Veg.               | 0   | 0             | 0             | 0          | 0  | 0            | 0          | 0                | 0          | 0        | 0   |  |  |  |  |  |  |  |  |
|                       | U   | 0                            | J              | J        |  | , J          |          |  | Ť            |              |              |                    |   |               |               |            |  | ,            |            | Ü                | Ü          | Ü        | 0   |  |  |  |  |  |  |  |  |
| Fruit                 |   |                              |                |          |  | $\vdash$     |          |  |              | $\vdash$     | $\vdash$     | Fruit              |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Milk                  |   |                              | $\vdash$       | $\vdash$ |  | $\vdash$     | <u> </u> |  |              | $\vdash$     | $\vdash$     | Milk               |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
| Meat                  |   |                              |                |          | <del>                                     </del> | <del> </del> | <u> </u> | <del>                                     </del> | <del> </del> | <del> </del> | <del> </del> | Meat               |   |               |               | _          | <del>                                     </del> | <del> </del> | ļ          |                  |            |          | _   |  |  |  |  |  |  |  |  |
| Fat/Sw                | 7   |                              |                |          |  |              |          |  |              |              |              | Fat/Sw             |   |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |
|                       | Total calories Weight Activity (kind, min.) |                              |                |          |  |              |          |  |              |              |              |                    | Total calories Weight<br>Activity (kind, min.)  |               |               |            |  |              |            |                  |            |          |     |  |  |  |  |  |  |  |  |

| Goals: calories, min. of activity. Sat Sun M T W Th Fri Date:            |  |           |             |     |          |       |          |          |            |       |     |        | Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal 1 med. potato, ½ c. cooked rice/pasta |      |      |          |       |          |             |          |                  |        |          |
|--|--|-----------|-------------|-----|----------|-------|----------|----------|------------|-------|-----|--------|--|------|------|----------|-------|----------|-------------|----------|------------------|--------|----------|
| Sun M T W Th Fri Date: Veg. ½ c. cooked, 1  Bread Fruit 1 fresh fruit, ½ |  |           |             |     |          |       |          |          |            |       |     |        |  |      | -    |          |       |          |             |          |                  |        |          |
| Bread  |  |           |             |     |          |       |          |          |            |       |     |        |  |      |      |          |       |          |             |          |                  |        |          |
| Veg.   | 0  | 0         | 0           | 0   | 0        | 0     | 0        | 0        | 0          | 0     | 0   | Milk 1 | c. skim  | or 1 | % n  | nilk,    | plaiı | ı 1%     | yog         | urt      |                  |        |          |
| Fruit  |  |           |             |     |          |       |          |          |            |       |     |        | 2 oz. lo   |      |      |          |       |          |             |          |                  |        |          |
|  |  |           |             |     |          |       |          |          |            |       |     | Meat   | ½ c. coo<br>3 oz. (d   |      |      |          |       | _        |             |          |                  |        | sh       |
| Milk   |  |           |             |     |          |       |          |          |            |       | 1   |        | chicker  |      |      |          |       |          |             |          |                  | u. 11: | ,,,      |
| Meat   |  |           |             |     | -        |       |          |          |            |       |     |        | round  |      | -    |          |       |          |             |          | ,                |        |          |
| Fat/Sw   |  |           |             |     |          |       |          |          |            |       |     | Fat/Sv | v 1 TB.  |      |      |          |       |          |             | o, p     | eanu             | t bu   | tter     |
| Activit  | Total calories Weight 2 TB. salad dressing, jam/jelly, sugar 2 popsicles, ½ c. sherbet or ice milk 3" oatmeal cookie, 4 vanilla wafers/gingersnap  Goals: calories, min. of activity. Sat Sun M T W Th Fri Date: |           |             |     |          |       |          |          |            |       |     |        |  |      |      | -        |       |          |             |          |                  |        |          |
|  |  |           |             |     |          |       |          |          | ctivi      | ty. S | Sat |        |  |      |      |          |       |          |             |          | ctivi            | y. S   | at       |
| Bread  | Sull 1   | VI I      | \ <u>''</u> | 111 | 111      | Dat   | C        |          | Ī          |       | T   | Bread  |  | V1 1 | ľ    | 111      |       | Dat      | с. <u> </u> |          | Ī                |        |          |
|  | 0  | 0         | 0           | 0   | 0        | 0     | 0        | 0        | 0          | 0     | 0   | Veg.   | 0  | 0    | 0    | 0        | 0     | 0        | 0           | 0        | 0                | 0      | 0        |
| Veg.   | U  | 0         | U           | U   | U        | U     | U        | U        | U          | U     | U   |        | U  | U    | U    | U        | U     | U        | U           | U        | U                | U      | 0        |
| Fruit  |  |           |             |     |          |       |          |          |            |       |     | Fruit  |  |      |      |          |       |          |             |          |                  |        |          |
| Milk   |  |           |             |     | -        |       |          |          |            |       |     | Milk   |  |      |      | -        |       |          |             |          |                  |        |          |
| Meat   |  |           |             |     |          |       |          |          |            |       |     | Meat   |  |      |      |          |       |          |             |          |                  |        |          |
| Fat/Sw   |  |           |             |     |          |       |          |          |            |       |     | Fat/S  | w  |      |      |          |       |          |             |          |                  |        |          |
|  | Goals<br>Sun 1   |           |             |     |          |       |          |          | etivi      | ty. S | Sat | Č      | Goals<br>Sun M   |      |      |          |       |          |             |          | ctivit<br>_<br>T | y. S   | at       |
| Bread  |  |           |             |     |          |       |          |          |            |       |     | Breac  | l  |      |      |          |       |          |             |          |                  |        |          |
| Veg.   | 0  | 0         | 0           | 0   | 0        | 0     | 0        | 0        | 0          | 0     | 0   | Veg.   | 0  | 0    | 0    | 0        | 0     | 0        | 0           | 0        | 0                | 0      | 0        |
| Fruit  |  |           |             |     |          |       |          |          |            |       |     | Fruit  |  |      |      |          |       |          |             |          |                  |        |          |
| Milk   |  |           |             |     |          |       |          |          |            |       |     | Milk   |  |      |      |          |       |          |             |          |                  |        |          |
| Meat   |  |           |             |     |          |       |          |          |            |       |     | Meat   |  |      |      |          |       |          |             |          |                  |        |          |
| Fat/Sw   |  |           |             |     |          |       |          |          |            |       |     | Fat/S  |  |      |      |          |       |          |             |          |                  |        |          |
| Total c  | calorie<br>ty (kin   | id, m     | in.)        |     |          |       |          |          | _          |       |     | Total  | calorie  | d, m | in.) |          |       |          |             |          | _                |        |          |
|  | Goals<br>Sun 1   |           |             |     |          |       |          |          | etivi<br>_ | ty. S | Sat |        | Goals<br>Sun I   |      |      |          |       |          |             |          | etivii<br>_      | ty. S  | at       |
| Bread  |  |           |             |     |          |       | <u> </u> | <u> </u> |            |       |     | Bread  | i  |      |      |          |       | <u> </u> |             |          |                  |        | <u> </u> |
| Veg.   | 0  | 0         | 0           | 0   | 0        | 0     | 0        | 0        | 0          | 0     | 0   | Veg.   | 0  | 0    | 0    | 0        | 0     | 0        | 0           | 0        | 0                | 0      | 0        |
| Fruit  |  |           |             |     |          |       |          |          |            |       |     | Fruit  |  |      |      |          |       |          |             |          |                  |        |          |
| Milk   |  |           |             |     |          |       |          |          |            |       |     | Milk   |  |      |      |          |       |          |             |          |                  |        |          |
|  |  |           |             |     |          |       |          |          |            |       | T   |        |  |      |      |          |       |          |             |          |                  |        | T        |
| Meat   |  |           |             |     | $\vdash$ |       | $\vdash$ | $\vdash$ |            |       |     | Meat   |  |      |      | $\vdash$ |       | $\vdash$ |             |          |                  |        |          |
| Fat/Sw   |  |           |             |     |          |       |          |          |            |       | 1   | Fat/S  | W  |      |      |          |       |          |             | <u> </u> |                  |        |          |
| Total o  | calorie<br>ty (kin   | s<br>d, m | in.)        |     | Wei      | ght _ |          |          | -<br>-     |       |     |        | alories<br>y (kind,  |      |      |          |       |          |             |          |                  |        |          |