



Goals: 1200 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_

**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**Fruit** 1 fresh fruit, ½ c. canned, ½ c. juice**Milk** 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

**Meat** ½ c. cooked dried beans, 1 egg, 2 egg whites3 oz. (deck of cards) trimmed, no fat added: fish,  
chicken/turkey (no skin), extra lean ham,  
round or loin cuts of beef/pork**Fat/Sw** 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1200 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1200 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1200 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1200 calories, \_\_\_\_\_ min. of activity.

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Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1200 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1200 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1500 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_

**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**Fruit** 1 fresh fruit, ½ c. canned, ½ c. juice**Milk** 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

**Meat** ½ c. cooked dried beans, 1 egg, 2 egg whites3 oz. (deck of cards) trimmed, no fat added: fish,  
chicken/turkey (no skin), extra lean ham,  
round or loin cuts of beef/pork**Fat/Sw** 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1500 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1500 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1500 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1500 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1500 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1500 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1800 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_

**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**Fruit** 1 fresh fruit, ½ c. canned, ½ c. juice**Milk** 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

**Meat** ½ c. cooked dried beans, 1 egg, 2 egg whites3 oz. (deck of cards) trimmed, no fat added: fish,  
chicken/turkey (no skin), extra lean ham,  
round or loin cuts of beef/pork**Fat/Sw** 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1800 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1800 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1800 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1800 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1800 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 1800 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 2000 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_

**Bread** 1 slice bread, ½ bagel/muffin, 1 c. cereal

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2 oz. low-fat cheese, ½ c. (1%) cottage cheese

**Meat** ½ c. cooked dried beans, 1 egg, 2 egg whites3 oz. (deck of cards) trimmed, no fat added: fish,  
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2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 2000 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 2000 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 2000 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 2000 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



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Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: 2000 calories, \_\_\_\_\_ min. of activity.

Sat Sun M T W Th Fri Date: \_\_\_\_\_

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories \_\_\_\_\_ Weight \_\_\_\_\_

Activity (kind, min.) \_\_\_\_\_



Goals: \_\_\_ calories, \_\_\_ min. of activity. Sat  
Sun M T W Th Fri Date: \_\_\_\_\_

Bread												
Veg.	0	0	0	0	0	0	0	0	0	0	0	0
Fruit												
Milk												
Meat												
Fat/Sw												

Total calories \_\_\_\_\_ Weight \_\_\_\_\_  
Activity (kind, min.) \_\_\_\_\_

**Bread** 1 slice bread, ½ bagel/muffin, 1 c. cereal  
1 med. potato, ½ c. cooked rice/pasta

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**Fruit** 1 fresh fruit, ½ c. canned, ½ c. juice

**Milk** 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

**Meat** ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish,  
chicken/turkey (no skin), extra lean ham,  
round or loin cuts of beef/pork

**Fat/Sw** 1 TB. oil, butter, margarine, mayo, peanut butter  
2 TB. salad dressing, jam/jelly, sugar  
2 popsicles, ½ c. sherbet or ice milk  
3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: \_\_\_ calories, \_\_\_ min. of activity. Sat  
Sun M T W Th Fri Date: \_\_\_\_\_

Bread												
Veg.	0	0	0	0	0	0	0	0	0	0	0	0
Fruit												
Milk												
Meat												
Fat/Sw												

Total calories \_\_\_\_\_ Weight \_\_\_\_\_  
Activity (kind, min.) \_\_\_\_\_



Goals: \_\_\_ calories, \_\_\_ min. of activity. Sat  
Sun M T W Th Fri Date: \_\_\_\_\_

Bread												
Veg.	0	0	0	0	0	0	0	0	0	0	0	0
Fruit												
Milk												
Meat												
Fat/Sw												

Total calories \_\_\_\_\_ Weight \_\_\_\_\_  
Activity (kind, min.) \_\_\_\_\_



Goals: \_\_\_ calories, \_\_\_ min. of activity. Sat  
Sun M T W Th Fri Date: \_\_\_\_\_

Bread												
Veg.	0	0	0	0	0	0	0	0	0	0	0	0
Fruit												
Milk												
Meat												
Fat/Sw												

Total calories \_\_\_\_\_ Weight \_\_\_\_\_  
Activity (kind, min.) \_\_\_\_\_



Goals: \_\_\_ calories, \_\_\_ min. of activity. Sat  
Sun M T W Th Fri Date: \_\_\_\_\_

Bread												
Veg.	0	0	0	0	0	0	0	0	0	0	0	0
Fruit												
Milk												
Meat												
Fat/Sw												

Total calories \_\_\_\_\_ Weight \_\_\_\_\_  
Activity (kind, min.) \_\_\_\_\_



Goals: \_\_\_ calories, \_\_\_ min. of activity. Sat  
Sun M T W Th Fri Date: \_\_\_\_\_

Bread												
Veg.	0	0	0	0	0	0	0	0	0	0	0	0
Fruit												
Milk												
Meat												
Fat/Sw												

Total calories \_\_\_\_\_ Weight \_\_\_\_\_  
Activity (kind, min.) \_\_\_\_\_



Goals: \_\_\_ calories, \_\_\_ min. of activity. Sat  
Sun M T W Th Fri Date: \_\_\_\_\_

Bread												
Veg.	0	0	0	0	0	0	0	0	0	0	0	0
Fruit												
Milk												
Meat												
Fat/Sw												

Total calories \_\_\_\_\_ Weight \_\_\_\_\_  
Activity (kind, min.) \_\_\_\_\_