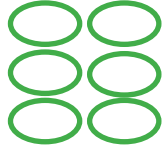
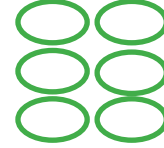
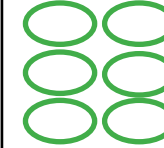
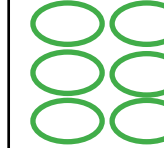
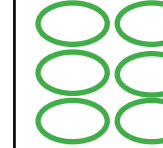
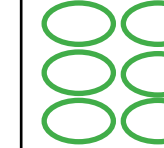
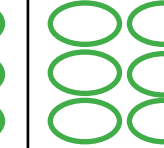
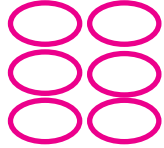
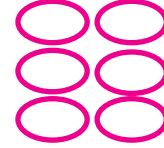
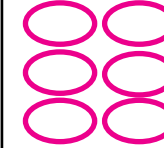
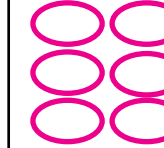
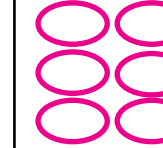
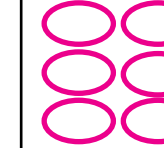
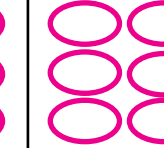
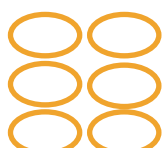
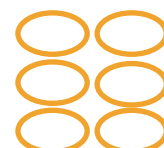
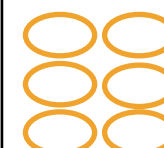
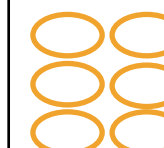
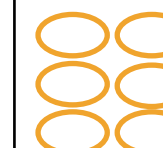
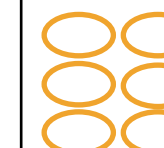
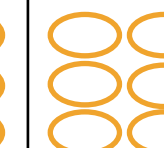
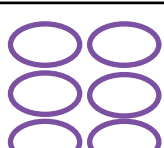
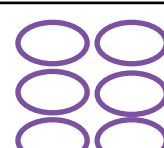
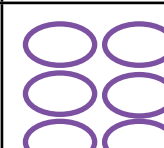
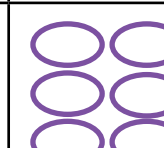
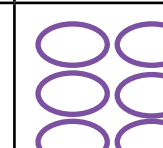
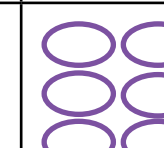
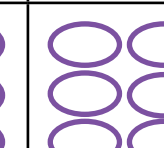
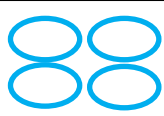
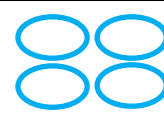
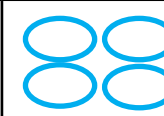
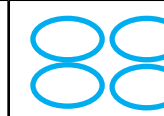
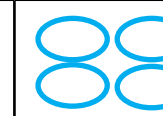
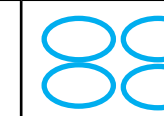
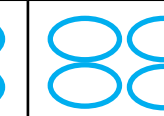

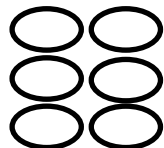
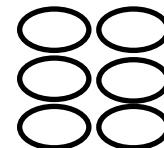
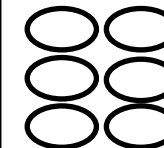
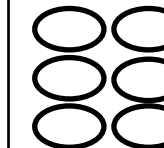
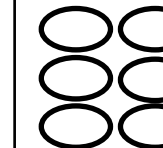
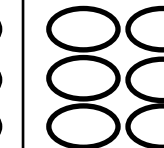
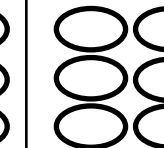
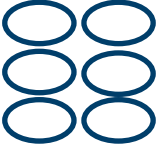
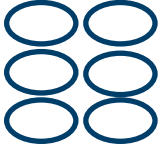
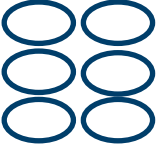
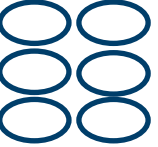
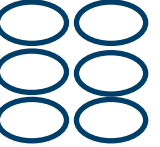
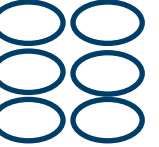
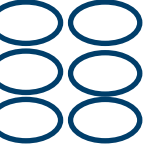


Food and Activity Log

Food groups	Goal							
Vegetables ½ cup cut-up raw or cooked 1 cup raw leafy greens								
Fruit 1 medium fruit ¼ cup dried fruit ½ cup fresh/frozen/canned ½ cup 100 percent juice								
Grains 1 slice bread 1 ounce dry cereal ½ cup cooked cereal ½ cup cooked rice or pasta								
Protein (meat and beans) 1 egg ¼ cup cooked beans 1 ounce meat, fish or poultry								
Dairy 1 cup milk or yogurt 1 ½ ounces natural cheese								
Physical activity	Goal							
Ten minutes of: ■ gardening ■ walking ■ yoga. 								

Water	Goal							
8 ounces								

How To Use This Log

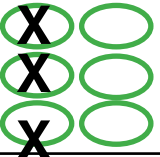
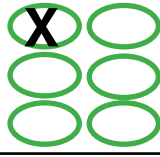
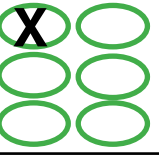

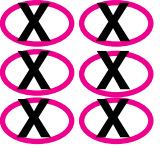
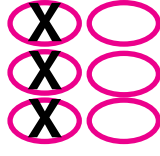
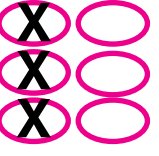

Use this log to keep track of how many servings of each food group you are eating, the amount of physical activity you are getting and how much water you are drinking each day.


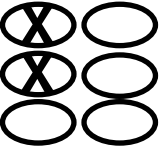
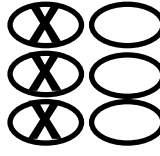
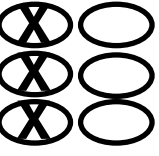

- Write the dates of the next 7 days on the blank lines in each column. (You may begin on any day of the week.)
- Write down your daily goals for how many:
 - servings of each food group
 - minutes of physical activity
 - glasses (8 ounces) of water.
- Draw an X over one circle for each serving of food you eat in that food group. (Serving size examples in chart.)
- Draw an X over one circle for every 10 minutes you spend being physically active.
- Draw an X over one circle for each glass of water you drink.
- Review your log to see if you met your goals!

Use the sample logs (at right) to fill out your own.

More Information

For more information about serving sizes and your specific food group, water and physical activity recommendations, visit choosemyplate.gov.

Food groups	Goal	July 8	July 8
Vegetables ½ cup cut-up raw or cooked 1 cup raw leafy greens	5	 	 
Fruit 1 medium fruit ¼ cup dried fruit ½ cup fresh/frozen/canned ½ cup 100 percent juice	4	 	 

Physical activity	Goal	July 8	July 8
Ten minutes of: <ul style="list-style-type: none"> ■ gardening ■ walking ■ yoga. 	3	 	 

Water	Goal	July 8	July 8
8 ounces	8	