

Daily Food and Beverage Record

		Milk & Milk Products	Vegetables	Fruits	Grains, Breads & Cereals	Meat, Beans & Nuts	extras
Food Name		Serving	Serving	Serving	Serving	Serving	Serving
BREAKFAST							
	BEVERAGE						
LUNCH							
	BEVERAGE						
SNACK(S)							
	BEVERAGE						
DINNER							
	BEVERAGE						
Total Daily Servings							
Daily Recommended Number of Servings		3	3	2	6	2	

For each glass of water consumed, check a box:

Daily Physical-Activity Record

Low Level Physical Activity	Minutes	Moderate-Vigorous Level Physical Activity	Minutes
Total Low Level Physical-Activity Minutes		Total Moderate-Vigorous Physical-Activity Minutes	
Recommended Number of Minutes			60