

# Daily Food and Beverage Record - COMPLETE

		Milk & Milk Products	Vegetables	Fruits	Grains, Breads & Cereals	Meat, Beans & Nuts	extras
Food Name		Serving	Serving	Serving	Serving	Serving	Serving
BREAKFAST	large bowl oatmeal with brown sugar				2		1
	strawberries			1			
	BEVERAGE apple juice			1			
LUNCH	burrito (2): flour, tortillas, beans, cheese	1			2	1	
	canned peaches			1			
	skittles						1
	BEVERAGE milk - lowfat	1					
SNACK(S)	fruit roll-up						1
	yogurt - 1 carton	1					
	BEVERAGE 7-up						1
DINNER	large piece of chicken breast					1 1/2	
	baked potato		1				
	green beans		1				
	lettuce salad with tomato, carrot, ranch dressing		1				1
	brownie - 1						1
	BEVERAGE 7-up						1
	<b>Total Daily Servings</b>	3	3	3	4	2 1/2	7
<b>Daily Recommended Number of Servings</b>	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
watch T.V.	60	ride bike	10
play video game	20	soccer practice	45
<b>Total Low Level Physical-Activity Minutes</b>	80	<b>Total Moderate-Vigorous Physical-Activity Minutes</b>	55
<b>Recommended Number of Minutes</b>			<b>60</b>