

# Daily Food and Beverage Record - INCOMPLETE

		Milk & Milk Products	Vegetables	Fruits	Grains, Breads & Cereals	Meat, Beans & Nuts	extras
Food Name		Serving	Serving	Serving	Serving	Serving	Serving
BREAKFAST	cereal				X		
	berries			X			
	BEVERAGE juice						
LUNCH	burrito						
	fruit						
	skittles						X
	BEVERAGE milk	X					
SNACK(S)	fruit roll-up			X			
	yogurt						
	BEVERAGE 7-up						1 can
DINNER	meat						
	potatoes		X				
	green vegetables		X				
	salad						
	dessert						X
	BEVERAGE 7-up						1 can
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
T.V.	after dinner	bike home from school	
	20	soccer practice	
Total Low Level Physical-Activity Minutes		Total Moderate-Vigorous Physical-Activity Minutes	
Recommended Number of Minutes			60