

Our Class Goal

	Milk & Milk Products	Vegetables	Fruits	Grains, Breads & Cereals	Meat, Beans & Nuts	“extras”	Moderate-Vigorous Level Physical Activity	Low Level Physical Activity
Class Total Day #3								
Recommended Daily Servings & Physical Activity Minutes								
Class Goal								
Progress Toward Goal Week #1								
Progress Toward Goal Week #2								
Progress Toward Goal Week #3								
Progress Toward Goal Week #4								
Progress Toward Goal Week #5								
Progress Toward Goal Week #6								