



GU13 Elite



Weekly food diary for: _____

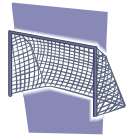
Day	Breakfast	Lunch	Dinner	Snacks
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Monday				
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How did you do today? Great So-So Not so great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

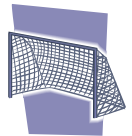


Tuesday				
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How did you do today? Great So-So Not so great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____



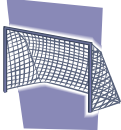
Day	Breakfast	Lunch	Dinner	Snacks
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Wednesday				
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How did you do today? **Great** **So-So** **Not so great**

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

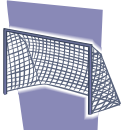


Thursday				
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How did you do today? **Great** **So-So** **Not so great**

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

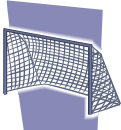


Friday				
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How did you do today? **Great** **So-So** **Not so great**

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____



Day	Breakfast	Lunch	Dinner	Snacks
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Saturday				
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How did you do today? Great So-So Not so great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

Sunday				
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Grains 	Make at least half your grains whole grains.	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)
Vegetables 	Color your plate with all kinds of great tasting veggies.	2½ cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies)
Fruits 	Make most choices fruit, not juice.	1½ cups
Milk 	Choose fat-free or lowfat most often.	3 cups (1 cup yogurt or 1½ ounces cheese = 1 cup milk)
Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)
Physical Activity 	Build more physical activity into your daily routine at home and school.	At least 60 minutes of moderate to vigorous activity a day or most days.