



FOOD AND ACTIVITY LOG

NAME: _____ SCHOOL: _____
 GRADE: _____ DATES: _____ (EX. 1/16/23-1/22/23)

Activity	MON	TUE	WED	THUR	FRI	SAT	SUN	GOAL	I DID IT
60 MIN PLAY/ ACTIVITY								7	
3-5 SERVINGS OF VEGETABLES								7	
2-3 SERVINGS OF FRUITS								7	
6-8 CUPS OF WATER								7	
NO SUGARY DRINKS								7	
NO JUNK FOOD								7	
NO FAST FOOD								7	
DOG POUNDS LOST (Only if overweight or obese)	ENTER THE POUNDS LOST IN THE "I DID IT" COLUMN *NOTE* OBESE CHILDREN AGES 6-11 ARE RECOMMENDED TO GRADUALLY LOSE ONLY UP TO 1 POUND PER MONTH								
								TOTAL	49



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