

Discuss with your parents the “daily goals” for each category.
When you eat a serving from one of the categories, place a tally mark in that box. Record your eating habits for 5 days.

Daily Goals	Day 1	Day 2	Day 3	Day 4	Day 5
GRAINS Servings Goal _____					
VEGETABLES Servings Goal _____					
FRUITS Servings Goal _____					
DAIRY Servings Goal _____					
MEATS Servings Goal _____					

At the end of the 5 days, color in the boxes you met the servings goal.

How many boxes are colored in under Day 1? _____

How many boxes are colored in under Day 5? _____

Write a couple healthy goals based on what you recorded over the 5 days.
Do you need to eat more vegetables? Do you need to eat more fruits?
