

# Personalized Healthy Eating Plan

Food Eaten	Portion Equivalents	Totals for Today
	Fruit Goal __	
		Fruit
	Vegetables __	
		Vegetables
	Grain __	
		Grain
	Meat __	
		Meat
	Dairy __	
		Dairy
	Extras __	
		Extras

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

My Food Objectives for tomorrow are:

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My Activity Objectives for tomorrow are:

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# Personalized Healthy Eating Plan

Food Choices for Today	Portion Equivalents	Totals for Today
	Fruit Goal __	
		Fruit
	Vegetables __	
		Vegetables
	Grain __	
		Grain
	Meat __	
		Meat
	Dairy __	
		Dairy
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