



What Did You Eat and Drink Today?

	Vegetables?	Fruits and fruits juices?	Milk and foods made from milk?
Morning			
Midday			
Evening			
Snacks			
How many servings?	Total = _____	Total = _____	Total = _____

Did You “Move ‘n Groove” Today?

What “moves” did you make?	For how long?

Adapted from *The Power of Choice Leader’s Guide*

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