Use this tracker as an easy and fun way to eat healthy and get active. It’s a great way to learn healthy habits that can last a lifetime.

**Goal:** 3 servings of dairy, 3 servings of fruits, 5 servings of vegetables, 6 servings of grains and 5 ounces of protein. Mark an ‘X’ in each box you complete. Move and play for at least 60 minutes every day.

Visit [WisconsinDairy.org](http://WisconsinDairy.org) to learn how to get your whole school eating healthy and staying active!