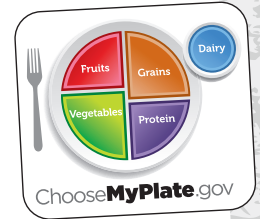


Track Your Healthy Eating and Physical Activity



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.



Name: _____ Date: _____

	SUN	MON	TUE	WED	THU	FRI	SAT
 3 Dairy							
 3 Fruits							
 5 Vegetables							
 6 Grains							
 5 ounces of Protein							
60 Minutes of Physical Activity							

Visit WisconsinDairy.org to learn how to get your whole school eating healthy and staying active!



©2020 Dairy Farmers of Wisconsin
©2020 National Dairy Council®. Fuel Up is a service mark of the National Dairy Council.

