

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.

Name: _____

Month: _____

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' for every serving of each type of food you had that day.



3 Dairy

1 dairy =
1 cup low-fat or fat free milk or yogurt,
1 ½ ounces natural cheese



3 Fruits

1 fruit =
½ small apple,
1 small banana,
4 large strawberries



5 Vegetables

1 vegetable =
1 small ear of corn,
1 medium carrot,
½ cup pieces of broccoli



6 Grains

(at least ½ whole) 1 grain =
1 slice whole grain bread,
1 cup whole grain cereal,
½ cup whole grain pasta or rice

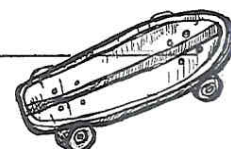
5 oz of Protein

1 ounce =
1 ounce of red meat, poultry or fish, 1 egg, 1 tablespoon of peanut butter

	3 Dairy	3 Fruits	5 Vegetables	6 Grains	5 oz of Protein
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Goal: At least 60 minutes a day. Write down each activity you were involved in and for how long each day.

	Activities	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Log onto FuelUpToPlay60.com to enter your physical activity and healthy eating for the week. By tracking your points and promoting healthy changes at your school you can earn points to become a Fuel Up to Play 60 Ambassador.



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