

I successfully completed this goal.
This is what I did:

Daily Food Record

Write in your recommended calories _____. Using Chart B, write in your recommended food amounts in the Food Groups columns below. Fill in the recommended amounts of weekly vegetables from Goal Coupon 9.

Food Groups	Food Groups	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Fruit	per day							
Vegs -daily	per day							
Dk Green	per week							
Orange	per week							
Beans/Peas	per week							
Starchy	per week							
Other	per week							
Grains	per day							
Meat/Beans	per day							
Milk	per day							
Oil	per day							

Name _____

Date _____

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