

My Goal: I will increase/decrease my servings

of **to** **servings a day.**

Food/Drink Tracker: In the chart below, write a tally mark each time you eat or drink the item you chose. At the end of the day, calculate your total number of servings.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total:	Total:	Total:	Total:	Total:	Total:	Total:

END OF THE WEEK REFLECTION	
I met my goal days this week.	Next week, my goal will be servings

