\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name

Age: \_\_\_\_\_\_\_\_\_\_\_\_

Gender: \_\_\_\_\_\_\_\_\_\_

Activity Level: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daily Calorie Needs: \_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| **What did you eat?** | **How much** | **Calories/Serving** | **Total Calories** |
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Recommended daily amount from each group:

Fruits: \_\_\_\_\_\_\_\_\_\_\_\_\_

Vegetables: \_\_\_\_\_\_\_\_\_\_

Grains: \_\_\_\_\_\_\_\_\_\_\_\_\_

Meats/Beans: \_\_\_\_\_\_\_\_

Milk: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Oils: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Discretionary calories: \_\_\_\_\_\_

How did you do? What is your analysis? In what ways could you improve?

Your daily

amount from each group:

Fruits: \_\_\_\_\_\_\_\_\_\_\_\_\_

Vegetables: \_\_\_\_\_\_\_\_\_\_

Grains: \_\_\_\_\_\_\_\_\_\_\_\_\_

Meats/Beans: \_\_\_\_\_\_\_\_

Milk: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Oils: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Discretionary calories: \_\_\_\_\_\_