

My Weekly Food and Exercise Chart

Have a family member help you record the dates and list what you ate for each meal and snack. Record what you did for exercise, too. Remember to eat healthy foods and exercise every day. Have a healthy week!

Sunday Date: _____	Breakfast	Lunch	Dinner	Snack	Exercise
Monday Date: _____					
Tuesday Date: _____					
Wednesday Date: _____					
Thursday Date: _____					
Friday Date: _____					
Saturday Date: _____					

