






















My Food & Activity Record

- Keeping track of your food and activities will help you meet your goals.
- Post this record in a visible place.
- Complete at least once a day.
- Use this as a tool to help make improvements.



Children's Mercy
FAMILY HEALTH PARTNERS
www.fhp.org

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Physical Activity (each box is 15 minutes)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Screen Time (Each TV = 15 minutes)								
Fruits & Vegetables (at least 5 a day)								
Meals At Home	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	
Breakfast								
Unsweetened Drinks (water, milk)	Milk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Milk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Milk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Milk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Milk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Milk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Milk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Milk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>