<table>
<thead>
<tr>
<th>Name (last,first):</th>
<th>Date:</th>
<th>Fat Grams</th>
</tr>
</thead>
</table>

**Guidelines for Healthy Living**

- **Milk** (increase to 4 servings if pregnant or breastfeeding)
  - ___ ___

- **Fruits & Vegetables** (5-9 servings)
  - ___ ___ ___ ___ ___ ___ ___ ___

- **Water** (each space represents a 6 oz. glass of water)
  - ___ ___ ___ ___

- **Walk** *(each space represents 10 minutes)*
  - ___ ___ ___ ___ ___ ___ ___ ___

*Note: Fat grams not used on any given day can be used later in the week.*