

	Foods You Ate (Include the amounts you ate)	Dairy Milk, Cheese, Yogurt	Vegetables Tomatoes, Carrots, Salad	Fruit Orange, Apple, Kiwi	Grains Bread, Pasta, Tortilla, Rice	Protein Meat, Beans, Nuts	Empty Calories Bacon, Jam, Fries Sports drinks
	<i>Example: Bean, cheese and rice burrito, small bag chips, salsa, guacamole</i>	X	X		XX	X	X
Breakfast	4 small breakfast rolls with jelly Small bowl of green grapes 6 oz milk	X		X	XX		X
Snack	Pizza stick with cheese Small apple Water	X		X	X		
Lunch	Cup of noodles 24 oz green sports drink Small bag of carrots with Ranch dressing Water		X		X		
Snack	BBQ seeds Water					X	
Dinner	Small salad with Italian dressing Diet soda 2 tortillas Small mug of milk	X	X		XX		X
Snack	Sour candies						X

Activities You Did	Time (Minutes)	Intensity		
		Low	Moderate	Vigorous
Walking	10	X		
Softball	120		X	
Jog	20		X	