Daily Food

"Failing to Plan is Planning to Fail"

Date: _____ Mon Tue Wed Thurs Fri Sat Sun Weight: _____

Time	Plan	Time	Actual

Count 8 to 9 cups glasses of water

Physical Activity	Minutes	Intensity (Low/Moderate/High)	Calories

Goal: 1 cup/day = Handful = Cupped = Fist = Palm Thumbnail

www.healthy-activities-daily.com