

DAILY JOURNAL

Fuel up everyday like it's game day!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTHY EATING					
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
PHYSICAL ACTIVITY					
How were you active each day?					
Aim for 60 minutes					

RECOMMENDED FOOD INTAKE	5-8 YEAR OLDS		9-13 YEAR OLDS		14-18 YEAR OLDS	
	Girls	Boys	Girls	Boys	Girls	Boys
	2.5	2.5	3	3	3	3
	1.5-2.5	1.5-2.5	1.5-3	2-3.5	2.5-3	2.5-4
	1-1.5	1-2	1.5-2	1.5-2	1.5-2	2-2.5
DAIRY (Cups)						
VEGETABLES (Cups)						
FRUIT (Cups)						
GRAINS (oz.)						
PROTEIN (oz.)						



AMERICAN DAIRY
ASSOCIATION INDIANA INC.
Winner Drink Milk.com

Based on the 2020-2025 Dietary Guidelines for Americans.