

Name: _____

Total Daily Amount Eaten in MyPyramid Food Groups							
	Grains (oz- equiv)	Vegetable (cups)	Fruit (cups)	Milk (cups)	Meat (oz- equiv)	Oils (tsp)	Discretionary Calories
Day One							
Day Two							
Day Three							
Day Four							
Day Five							
Day Six							
Day Seven							
Average (Total ÷ # of Days)							
Recommended (Refer to your MyPyramid Plan)							
Shortage							
Surplus							

Target Behavior: Meet my recommended intake within energy needs by adopting a balanced eating plan. Using MyPyramid Plan, I will select a variety of foods and eat the recommended amount in each food group.

Food group(s) in which I met the recommended amount of food most days:

Food group(s) in which I ate *less than* the recommended amount of food most days:

Food group(s) in which I ate *more than* the recommended amount of food most days:
