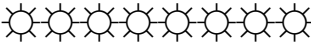




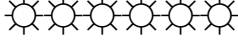
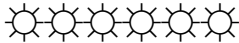
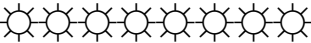

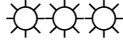



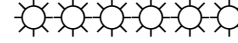
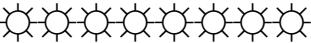





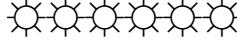
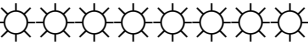
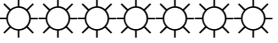



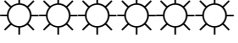
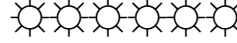
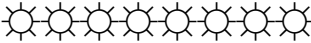

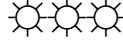


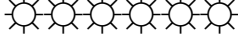
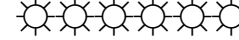
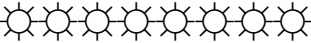





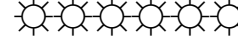
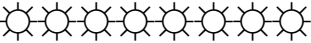





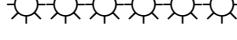


# Food Group Weekly Tracking

Sunday	Monday	Tuesday	Wednesday
<p><b>Water (8 cups)</b>  </p> <p><b>Grains (7 oz)</b>  </p> <p><b>Vegetables (3 Cups)</b>  </p> <p><b>Fruits (2 Cups)</b>  </p> <p><b>Milk (3 cups)</b>  </p> <p><b>Meat &amp; Beans (6 oz)</b>  </p> <p><b>Fats, sugars and sodium (6teaspoons)</b>  </p>	<p><b>Water (8 cups)</b>  </p> <p><b>Grains (7 oz)</b>  </p> <p><b>Vegetables (3 Cups)</b>  </p> <p><b>Fruits (2 Cups)</b>  </p> <p><b>Milk (3 cups)</b>  </p> <p><b>Meat &amp; Beans (6 oz)</b>  </p> <p><b>Fats, sugars and sodium (6teaspoons)</b>  </p>	<p><b>Water (8 cups)</b>  </p> <p><b>Grains (7 oz)</b>  </p> <p><b>Vegetables (3 Cups)</b>  </p> <p><b>Fruits (2 Cups)</b>  </p> <p><b>Milk (3 cups)</b>  </p> <p><b>Meat &amp; Beans (6 oz)</b>  </p> <p><b>Fats, sugars and sodium (6teaspoons)</b>  </p>	<p><b>Water (8 cups)</b>  </p> <p><b>Grains (7 oz)</b>  </p> <p><b>Vegetables (3 Cups)</b>  </p> <p><b>Fruits (2 Cups)</b>  </p> <p><b>Milk (3 cups)</b>  </p> <p><b>Meat &amp; Beans (6 oz)</b>  </p> <p><b>Fats, sugars and sodium (6teaspoons)</b>  </p>
Thursday	Friday	Saturday	Goal of the Week
<p><b>Water (8 cups)</b>  </p> <p><b>Grains (7 oz)</b>  </p> <p><b>Vegetables (3 Cups)</b>  </p> <p><b>Fruits (2 Cups)</b>  </p> <p><b>Milk (3 cups)</b>  </p> <p><b>Meat &amp; Beans (6 oz)</b>  </p> <p><b>Fats, sugars and sodium (6teaspoons)</b>  </p>	<p><b>Water (8 cups)</b>  </p> <p><b>Grains (7 oz)</b>  </p> <p><b>Vegetables (3 Cups)</b>  </p> <p><b>Fruits (2 Cups)</b>  </p> <p><b>Milk (3 cups)</b>  </p> <p><b>Meat &amp; Beans (6 oz)</b>  </p> <p><b>Fats, sugars and sodium (6teaspoons)</b>  </p>	<p><b>Water (8 cups)</b>  </p> <p><b>Grains (7 oz)</b>  </p> <p><b>Vegetables (3 Cups)</b>  </p> <p><b>Fruits (2 Cups)</b>  </p> <p><b>Milk (3 cups)</b>  </p> <p><b>Meat &amp; Beans (6 oz)</b>  </p> <p><b>Fats, sugars and sodium (6teaspoons)</b>  </p>	<p><b>Goal of the Week</b></p>

\*\*\*A Fitness Tool provided as a courtesy by GoWorkoutMom.com\*\*\*