

# HEAL MEAL & ACTIVITY LOG

**KEY:**

IN THE ROWS, PLACE THE NUMBER OF SERVINGS YOU HAD EACH DAY.  
FOR 'AEROBIC EXERCISE', SHARE HOW MANY MINUTES YOU DID EACH DAY.

★ HEAL GOALS ★	FRUITS	VEGGIES	LEAN PROTEIN	LEAN DAIRY	WHOLE GRAINS	"THINK CAREFULLY" ITEMS	AEROBIC EXERCISE
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

These are foods low in nutrient density and/or are high in fat, sodium, and sugar and should be consumed in moderation.

