	SCORECARD	DAY
Breakfast		
Lunch		
Dinner		
Snacks		
Servings Needed	Did I Shake-It-Up? Yes No	How Did I Do?
Fruits	½ CUP ½ CUP ½ CUP ½ CUP ½ CUP	
Veggies	½ CUP ½ CUP ½ CUP ½ CUP ½ CUP	Very Good
Grains	1 OZ. 1 OZ. 1 OZ. 1 OZ. 1 OZ.	Pretty Good
Dairy	½ CUP ½ CUP ½ CUP ½ CUP ½ CUP	
Protein	1 OZ. 1 OZ. 1 OZ. 1 OZ. 1 OZ. 1 OZ.	Can Do Better