

SCORECARD

DAY _____

Breakfast	_____	_____	_____	_____
Lunch	_____	_____	_____	_____
Dinner	_____	_____	_____	_____
Snacks	_____	_____	_____	_____

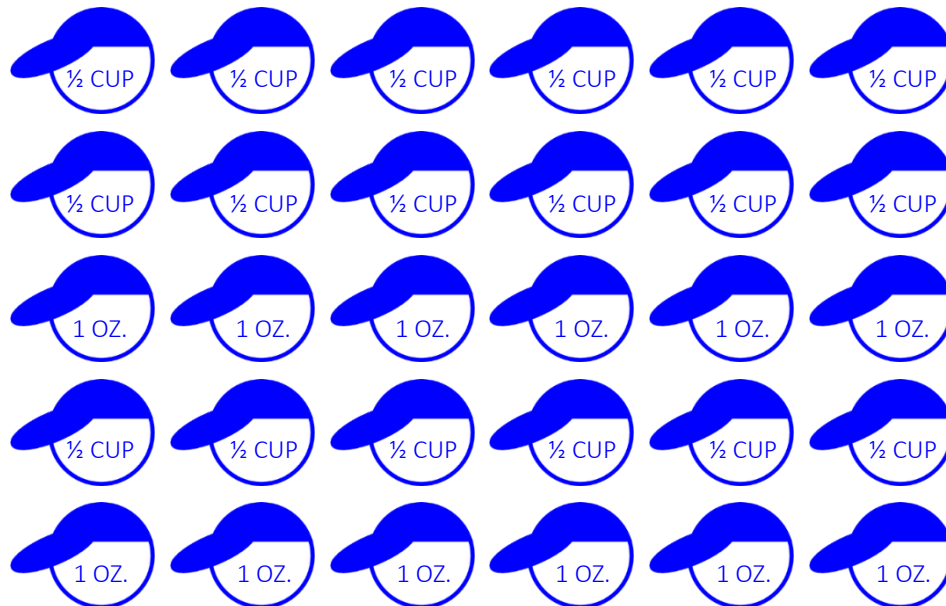
Did I Shake-It-Up?

Yes

No

How Did I Do?

	Servings Needed
Fruits	
Veggies	
Grains	
Dairy	
Protein	



Very Good



Pretty Good



Can Do Better