

SCORECARD

DAY _____

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

Did I Shake-It-Up?

Yes

No

How Did I Do?

	Servings Needed	Did I Shake-It-Up?						How Did I Do?
Fruits		 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	
Veggies		 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	Very Good
Grains		 1 OZ.	 1 OZ.	 1 OZ.	 1 OZ.	 1 OZ.	 1 OZ.	Pretty Good
Dairy		 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	 ½ CUP	
Protein		 1 OZ.	 1 OZ.	 1 OZ.	 1 OZ.	 1 OZ.	 1 OZ.	