

My Personal Meal Plan

- Using information in www.MyPyramid.gov develop a personal daily meal plan based on your activity level (adjust your plan as you reach 60 minutes of daily activity) that you will use as a guide to get the recommended number of servings from each food group and appropriate number of calories.
- Track your progress for five consecutive days.
- Provide comments about what you learned about your personal eating habits.

Food Group/ Physical Activity (minutes)	Daily Goal	Serving Size	Day 1	Day 2	Day 3	Day 4	Day 5	Average
<i>Example: Grains</i>	<i>6 servings</i>	<i>1 oz.</i>	<i>5</i>	<i>3</i>	<i>3</i>	<i>4</i>	<i>4</i>	<i>3.8</i>
<i>Example: Physical Activity</i>	<i>60 minutes</i>	_____	<i>35 min.</i>	<i>65 min.</i>	<i>45 min.</i>	<i>40 min.</i>	<i>60 min.</i>	<i>49 min.</i>
Grains								
Vegetables								
Fruits								
Milk								
Meat and Beans								
Physical Activity (minutes)		_____						

My Comments:

Example: I need to focus on eating more grains, especially whole grains.

Example: I will plan to spend an additional 15 minutes per day playing basketball to increase my physical activity.
