WEEKLY GOAL: _____ MOVE! DATE: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast *mood:*							
Snack *mood:*							
Lunch *mood:*							
Snack *mood:*							
Dinner *mood:*							
Snack *mood:*							

	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual
Total Calories														
Starch														
Fruit														
Vegetable														
Milk														
Meat														
Fat														
Water														
Weight														
Exercise														

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Mood Key: A=Happy B=Content C=Bored D=Depressed E=Neutral F=Tired G=Anxious H=Angry