

**Personalized Quick Trekking Sheets**

<b>Day:</b>		<b>Date:</b>			
<b>Fruit __cup(s)</b>	<b>Vegetables __cup(s)</b>	<b>Grains __ounces</b>	<b>Meat Eq__ oz(s)</b>	<b>Dairy Eq ___ cups(s)</b>	<b>Extra Cals</b>
Food Objective for Tomorrow:					
Physical Activity Objective for Tomorrow:					

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