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Diet Exercise

Please enter your good and bad foods on a daily basis below.

		Mon - Sun							Week	Week
		< Jun 5 - Jun 11, 2016 >								
Good Foods	Guidelines	Sun 6/5	Mon 6/6	Tue 6/7	Wed 6/8	Thu 6/9	Fri 6/10	Sat 6/11	total	goal
Green leafy vegetables	1+ servings per day	1	1	1	1	1	1	1	7	7
Other vegetables	1+ servings per day			1		1	1		3	7
Beans	6+ servings per week		2		3				5	6
Fish	1+ servings per week				1				1	1
Whole grains	3+ servings per day	5	4	3	2	2	2	2	18	21
Extra Virgin Oil	3+ servings per day	1		1	1	1	1		5	21
Nuts	6+ servings per week				2				2	6
Beans and legumes	4+ servings per week			2		2			4	4
Poultry	2+ servings per week		1			1			2	2
Bad Foods	Guidelines									
Fat food and fried food	≤ 1 servings per week			1					1	1
Butter	≤ 1 servings per day		1			1			2	7
Sweets	≤ 6 servings per week				1				1	6
Whole fat cheese	≤ 1 servings per week						1		1	1
Red meat	≤ 4 servings per week		1						1	4
Alcohol	≤ 2 servings per day		1	1			1		3	14