



# I'm Staying Balanced!

## EATING AND EXERCISE LOG

Track all of your balanced eating and exercise.  
For more information and logs visit: [www.tbonesloveskids.com](http://www.tbonesloveskids.com)

Name: \_\_\_\_\_ Address: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Week of: \_\_\_\_\_

	What I had for BREAKFAST	What I had for LUNCH	What I had for DINNER	What I did for EXERCISE
<b>SUNDAY</b>	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	I walked _____ steps  Other Exercise: _____ _____
<b>MONDAY</b>	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	I walked _____ steps  Other Exercise: _____ _____
<b>TUESDAY</b>	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	I walked _____ steps  Other Exercise: _____ _____
<b>WEDNESDAY</b>	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	I walked _____ steps  Other Exercise: _____ _____
<b>THURSDAY</b>	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	I walked _____ steps  Other Exercise: _____ _____
<b>FRIDAY</b>	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	I walked _____ steps  Other Exercise: _____ _____
<b>SATURDAY</b>	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	Fruits: _____ Grains: _____ Veggies: _____ Protein: _____ Dairy: _____	I walked _____ steps  Other Exercise: _____ _____

**Mail in four weeks of completed logs to T-BONES and CJ's for a NH Healthy Kids T-shirt!**

Send your logs by 11/1/11 to NH Healthy Kids, c/o Great NH Restaurants, 25 Harvey Road, Unit 1, Bedford, NH 03110.