



Generally, beans can substitute for some grains as well as being a protein source.

Daily Food Diary

Time	Food/Drink	 Fruit (2-4)	 Vegetables (5-9)	 Grains (6)	 Beans, meat, eggs (2-3)	 Dairy (2)	 Sweets/ junk food (Nearly 0)
Totals							

Hours of Sleep 4 5 6 7 8 9 10

8 ounce glasses of water



Physical Activity	Minutes	Intensity: Low/Medium/High

Relaxation Exercise: _____