

# My Daily Healthy Living Chart

date:

calorie intake goal:

## breakfast

food item	calories

## am snack


## lunch

food item	calories

## pm snack


## dinner

food item	calories

## bt snack


daily water intake

8 oz.

8 oz.

8 oz.

8 oz.

8 oz.

8 oz.

8 oz.

8 oz.

physical activity

15 min.

15 min.

15 min.

15 min.

total calories: