









Coyote Ridge Physical Education Extra Credit

Keep track of what you eat and what you do for a day. Turn in to Coach Mo to receive extra credit towards P.E.

Name: _____ Grade: _____ Teacher: _____

Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*
Breakfast: _____ _____ _____	Grains 	Make at least half your grains whole grains.	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	
Lunch: _____ _____ _____	Vegetables 	Color your plate with all kinds of great tasting veggies.	2 1/2 cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).	
Snack: _____ _____	Fruits 	Make most choices fruit, not juice.	1 1/2 cups	
Dinner: _____ _____ _____	Milk 	Choose fat-free or lowfat most often.	3 cups (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)	
Physical activity: _____ _____ _____	Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)	
_____ _____ _____	Physical Activity 	Build more physical activity into your daily routine at home and school.	At least 60 minutes of moderate to vigorous activity a day or most days.	

How did you do yesterday? Great So-So Not So Great

My food goal for tomorrow is: _____

* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.