Colorful Summer
NUTRITION TRACKER

SIMPLY CHECK OFF THE FOODS GROUPS THAT WERE INCLUDED IN YOUR DIET FOR THE DAY.

	Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

Special Olympics Maryland

Colorful Summer
NUTRITION TRACKER

	Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							
	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Fruits							
Vegetables							
Grains							
Dairy							
Meats and Beans							

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