Each day: At a minimum, fill all clear squares ☐; and stop when all shaded squares ▢ are full.

Log into lined chart (G, FA, FR, P, V), and then mark square, for each food type consumed
1 square = 1 serving; Use half servings when appropriate.

Portion depends on food type. Use palm = approx. 1/2 cup; or thumb = approx. 1 Tbsp. as a guide.

Grains ▢ ▢ **Size of palm; okay to have NO servings in a day**

FAts ☐ ☐ ☐ ▢ ▢ **Size of thumb; mark ½ square for high fat proteins**

FRuits ☐ ▢ ▢ ▢ **Size of palm; whole fruit sometimes perfect for sharing**

Proteins ☐ ☐ ☐ ☐ ▢ **Size of palm; mark ½ square of FAt too if a high-fat protein**

Veggies ☐ ☐ ☐ ☐ ☐ ▢ ▢ **?** **Raw unlimited, but use size of palm if cooked**

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **?** **Log only 8 oz glasses of crystal clear water**

Time	Food/Drink	TYPE(s)	What is your body and your mind feeling?

The importance is not in being 'precise' … but in being 'present' … with what you consume.

Continue on back if necessary. **Date**_____

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Date_______________________