

Health Stand Food & Activity Tracker

**Starches &
Grains**



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It's your health. Take a stand.

Vegetables

Fruits

**Personal Reflections
& Comments**

Protein

**Calcium
Rich
Choices**

**Moderation
Foods**

Daily Goal Achieved/Serving

Fats

**Physical
Activity**

Daily Goal Achieved

Fluids

Supplements

Daily Goal Achieved/Serving