



## Dietary Habits Log

**Name:**

**Building:**

**Beginning Date:**

### 5-9 FRUITS AND VEGETABLES

**YOUR RECOMMENDED INTAKE:**

Employees are urged to consume 5-9 servings of fruits and vegetables daily for a minimum of six weeks. Participants should use the following log to track and record their fruit and vegetable intake. To find your specific fruit and vegetable intake recommendations please visit the [Mypyramid.gov](http://Mypyramid.gov) webpage. Enter your recommended intake into the field provided. Need more help? Come to the “Eat 5 to Feel Alive” education session. Please check the website for class description, date, and location.

WEEK	SERVINGS MONDAY	SERVINGS TUESDAY	SERVINGS WEDNESDAY	SERVINGS THURSDAY	SERVINGS FRIDAY	SERVINGS SATURDAY	SERVINGS SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							

Submit all logs via campus mail to Shawn Roderick at Hall McCarter Education Center  
or send via email to [sroderick@bssd.net](mailto:sroderick@bssd.net).



**FIBER FOR HEALTH**

**YOUR RECOMMENDED INTAKE:**

Employees are urged to increase fiber intake to USDA minimum daily allowance for 3 weeks. Please check your fiber recommendation using the Mypyramid.gov webpage. Enter your recommended intake into the field provided. All foods must have fiber amount listed on their nutrition label so it is fairly easy to track your overall intake. If you have a question about the fiber content of a food item please contact Shawn Roderick via email at [sroderick@bssd.net](mailto:sroderick@bssd.net).

WEEK	GRAMS MONDAY	GRAMS TUESDAY	GRAMS WEDNESDAY	GRAMS THURSDAY	GRAMS FRIDAY	GRAMS SATURDAY	GRAMS SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							

**WATER INTAKE 8 - 8OZ**

**YOUR RECOMMENDED INTAKE:**

Please check your water intake recommendation using the Mypyramid.gov webpage. Enter your recommended intake into the field provided. All Employees are urged to drink at least 64 oz. of water per day unless otherwise specified by a physician. Men need around 13 cups per day and women need around 9 cups per day. Exercising, working outside, and other strenuous activities will increase your water intake needs.

WEEK	OZ. OR CUPS MONDAY	OZ. OR CUPS TUESDAY	OZ. OR CUPS WEDNESDAY	OZ. OR CUPS THURSDAY	OZ. OR CUPS FRIDAY	OZ. OR CUPS SATURDAY	OZ. OR CUPS SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							

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