

PS1000 Daily Checklist

M T W T H F S S

(Circle the day of the week)

Calories

PROTEIN

Aim to have at least 1/2 a serving of protein with each meal and/or snack

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VEGETABLES

Aim to have 4 vegetable servings per day

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FRUIT

Aim to have 2 servings of fruit per day

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FATS

Aim to have 1-2 servings of fat per day

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CRACKERS

One serving of crackers per day is allowed but not mandatory

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OPTIONAL LIQUIDS

Up to 1 serving per day is allowed

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WATER

We suggest drinking half your body weight in ounces or at least 64 ounces of water per day

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Total Calories

Daily Notes: