Date:

Date:

**TARGET POINT TOTAL:** 

## TARGET POINT TOTAL:

Food	Used	Balance
POINT TOTAL:		
FLEXIBLE POINT TOTAL:		

Water				
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Fruits and Veggies 🛛 🖓 🖓

Milk Products  $\Box \Box (\Box)$ 

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Food	Used	Balance
DOINT TOTAL		
POINT TOTAL:		
FLEXIBLE POINT TOTAL:		

Water

Fruits and Veggies  $\Box \Box \Box \Box$ 

Milk Products  $\Box \Box (\Box)$ 

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