

# Fuel Greatness with Fuel Up to Play 60!



## Mason Crosby #2

Kicker  
Green Bay Packers



**Eat Healthy! Get Active!  
Make a Difference!**

★ Sign on at [FuelUpToPlay60.com](http://FuelUpToPlay60.com)

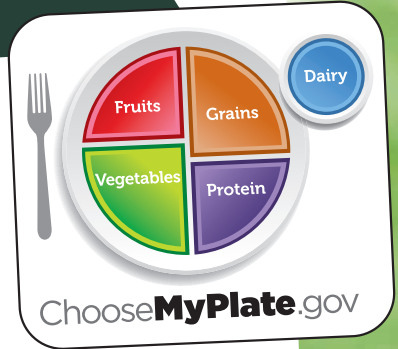


# Track Your Healthy Eating and Physical Activity



Use this tracker as an easy and fun way to eat healthy and get active. It's a great way to learn healthy habits that can last a lifetime.

Goal: 3 servings of dairy, 3 servings of fruits, 5 servings of vegetables, 6 servings of grains and 5 ounces of protein. Mark an 'X' in each box you complete. Move and play for at least 60 minutes every day.



Name: \_\_\_\_\_ Date: \_\_\_\_\_



	SUN	MON	TUE	WED	THU	FRI	SAT
3 Dairy							
3 Fruits							
5 Vegetables							
6 Grains							
5 ounces of Protein							
60 Minutes of Physical Activity							



★ Log onto [FueluptoPlay60.com](http://FueluptoPlay60.com) to earn points and learn how to get your whole school eating healthy and staying active!



©2017 National Dairy Council®. Fuel Up is a service mark of the National Dairy Council.  
 ©2017 National Football League Players Incorporated  
 ©2017 Wisconsin Milk Marketing Board, Inc. — CLP8002

