

Day I ate least

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Day I ate most

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many more I need to reach target of 5 - 7

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Total Each day**

**Target : 5-7 portions a day**