

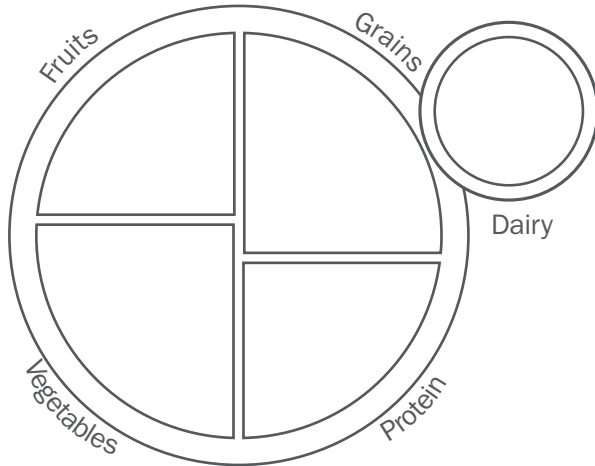
FUEL UP WORKSHEET



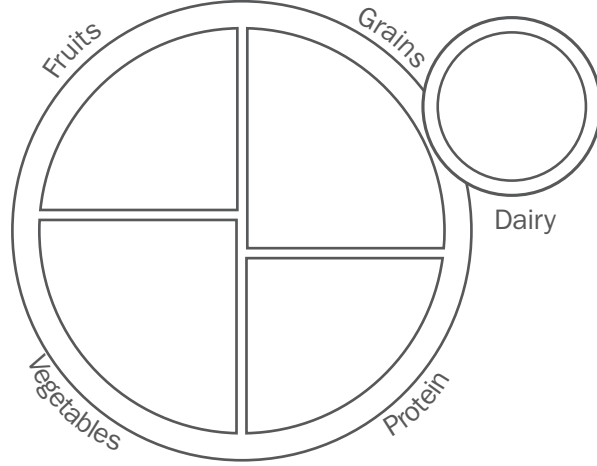
WEEK 1 READY, SET, STRETCH CHALLENGE

List out what foods you ate for each meal.
Foods that aren't Fruits, Veggies, Grains, Protein or Dairy, should be listed in the "Other" box.

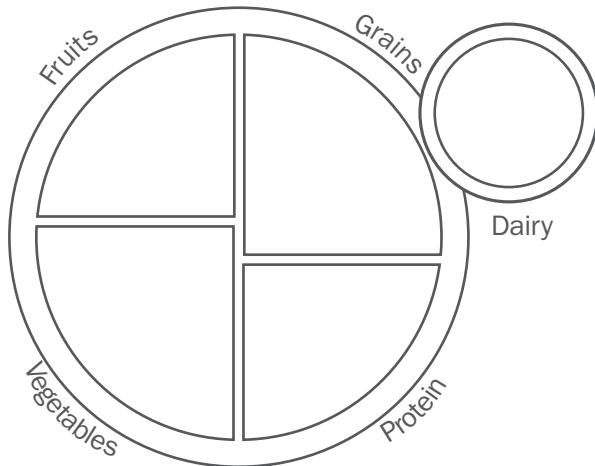
BREAKFAST



LUNCH



DINNER



Source: ChooseMyPlate.gov

FOOD GROUPS

FRUITS	Apples, Bananas, Watermelon, Strawberries, Pears, Cantaloupe
VEGETABLES	Cucumber, Broccoli, Cauliflower, Celery, Spinach, Carrots, Peas
PROTEIN	Chicken, Fish, Eggs, Beans, Almonds, Peanut Butter
GRAINS	Popcorn, Bread, Rice, Pasta, Quinoa, Oatmeal
DAIRY	Cheese, Milk, Yogurt, Ice Cream

OTHER

Expert Riley Physicians

For exceptional primary care, trust Riley Physicians and our outstanding network of pediatricians and family medicine doctors. With online scheduling and Same-Day appointments, the very best care is conveniently located throughout the state and here for:

- Issues with balance or strength
- Ongoing fatigue or common and uncommon illnesses
- School and sports physicals
- Falls and breaks
- Annual check-ups

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CHANGE the PLAY



Riley Children's Health
Indiana University Health