

# Good for Me and You MyPlate Goal Sheets

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We have studied how healthy food and exercise are *Good for Me and You!*

I want to set a goal to improve my healthy eating from the following MyPlate food group:

\_\_\_\_\_ Fruit Group



\_\_\_\_\_ Vegetable Group



\_\_\_\_\_ Grains Group



\_\_\_\_\_ Protein Group



\_\_\_\_\_ Dairy Group



I, PLEDGE TO:

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\_\_\_\_\_ Name

\_\_\_\_\_ Date

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