

# Family Weekly Calcium Challenge

## Daily Recommendation:

Ages	0-6 mo	7-12 mo	1-3 y	4-8 y	9-18 y	19-50 y	Female 51-70	Male 51-70	71+
Serving	200 mg	260 mg	700 mg	1000 mg	1300 mg	1000 mg	1200 mg	1000 mg	1200 mg

Day 1 – Date \_\_\_\_\_

Family Member:	Servings Eaten:	Daily Challenge:

Day 2 – Date \_\_\_\_\_

Family Member:	Servings Eaten:	Daily Challenge:

Day 3 – Date \_\_\_\_\_

Family Member:	Servings Eaten:	Daily Challenge:

Day 4 – Date \_\_\_\_\_

Family Member:	Servings Eaten:	Daily Challenge:

Day 5 – Date \_\_\_\_\_

Family Member:	Servings Eaten:	Daily Challenge:

Day 6 – Date \_\_\_\_\_

Family Member:	Servings Eaten:	Daily Challenge:

Day 7 – Date \_\_\_\_\_

Family Member:	Servings Eaten:	Daily Challenge: