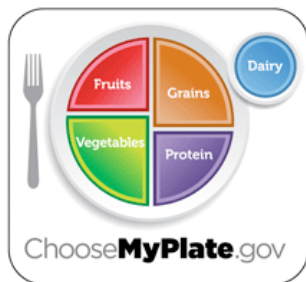


Name: \_\_\_\_\_



If you take in more calories, increase your activity.



Based on 1200 calories for 2 to 3 years old

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

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