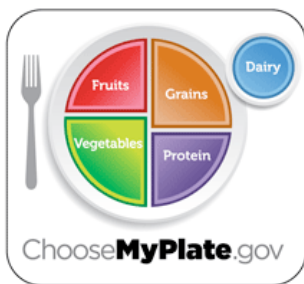


Name: _____



If you take in more calories, increase your activity.



Based on 2000 calories for 4 to 8 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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