Day/Date: _____

Physical Activity: _____
Duration: _____

Circle/check for every 8 oz H20 drank today

Macro-nutrient portion equivalent
Carbs: *1 carb portion =15g Carbohydrates
Protein: *1 portion =7g Protein
Fat: *1 portion has about 5g Fat

Daily Food Group Goals
Fruit Group:
Veggie Group:
Grain Group:
Meat Group:
Dairy Group
Extra Cals:

			Portions			Food Group Equivalent					
Meal/Time	**Blood Glucose**	**Food Choices Eaten**	Carb	Protein	Fat	Fruit	Veg	Grain	Meat	Dairy	Extra Cals
		Food Group Totals:									

How did I do today? ☐ **Great** ☐ **So-So** ☐ **Not so Great**

My food objective for tomorrow is: _____

My physical activity objective for tomorrow is: _____

Mood/Symptoms: _____

Journal: _____