



Date: \_\_\_\_\_

Physical Activity: \_\_\_\_\_

Duration: \_\_\_\_\_

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:

Circle/check for every 8 oz drank daily

Meal/Time	Food Choices Eaten	Portions			Food Group Equivalent					
		Carb	Protein	Fat	Fruit	Veg	Grain	Meat	Dairy	Extra Cals
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<b>Daily Totals:</b>										

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

My food objective for tomorrow is: \_\_\_\_\_

My activity objective for tomorrow is: \_\_\_\_\_

Mood/Symptoms: \_\_\_\_\_

Journal: \_\_\_\_\_