



MASTERS IN DIETETICS, LLC  
**BODY SUCCESS**

Diabetes Prevention Program



Check for every 8 oz drank daily

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:**

Meal/Time	Blood Glucose	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: \_\_\_\_\_