



Day/Date: _____

Physical Activity: _____

Duration: _____



H2O Drank Today

Macronutrient Portion Equivalent

1 Carb Portion = 15 grams of Carbohydrates

1 Protein Portion = 7 grams of Protein

1 Fat Portion = 5grams of Fat

Daily Food Group Goals

Fruit Group:

Veggie Group:

Grain Group:

Meat Group:

Dairy Group

Extra Cals:

Meal Time	Food Choices Eaten	Portions			Food Group Equivalent					
		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: _____