MASTERS IN DIETETICS, LLC
BODY SUCCESS
Diabetes Prevention Program

| Macronutrient Portion Equivalent |
|---|
| 1 Carbohydrate Portion =15 of Carbohydrates |
| 1 Protein Portion = 7 grams of Protein |
| 1 Fat Portion = 5 grams of Fat |

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

**Day/Date:** _____

**Physical Activity:** _____
**Duration:** _____

Check for H20 Drank Today

| | | | Portions | | | Food Group Equivalent | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Meal Time** | **BG/BP** | **Food Choices Eaten** | Carb | Protein | Fat | Fruit | Veg | Grain | Meat | Dairy | Extra Cals |
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| | | **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:**_____