

Day/Date:	I ROGRAM								
Day/ Date.	-	-		-	-	-	-	H	
Physical Activity: Duration:		8		6	0	6	6	0	

Macro-nutrient portion equivalent

Carbs: *1 carb portion =15g Carbohydrates

Protein: *1 portion = 7g Protein

Fat: *1 portion has about 5g Fat

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

Water - H2O Drank Today

Meal Time		Food Choices Eaten		Portions			Food Group Equivalent					
	Data		Carb	Protein	Fat	Fruit	Veg	Grain	Meat	Dairy	Extr. Cals	
			Foo	d Group T	Γotals:							
w did I do to food objecti	day? Greater	reat	•					ı	1			
		or tomorrow is:										
ırnal:												