| Date: Myfitness Pal Trekker                             |   |                        | Date:   | _ Myfitness Pal Trekker   |                      |
|---|---|------------------------|---|---|----------------------|
| Based on Your Face Sheet My daily food group goals are: | Tally your food choices from the food groups                    | Estimate your<br>Total | Based on Your Face Sheet My daily food group goals are:       | Tally your food choices from the food groups                    | Estimate your        |
| Fruit Cup(s)  |   |                        | Fruit Cup(s)  |   |                      |
| (1 cup is 1 cup raw or cooked fruit, ½                  |   |                        | (1 cup is 1 cup raw or cooked fruit, ½                        |   |                      |
| cup dried fruit or 1 cup 100% fruit                     |   |                        | cup dried fruit or 1 cup 100% fruit                           |   |                      |
| juice)  |   |                        | juice)  |   |                      |
|   |   |                        |   |   |                      |
| Vegetables Cup(s)                                       |   | cups                   | Vegetables Cup(s)   |   | cups                 |
| (1 cup is 1 cup raw or cooked                           |   |                        | (1 cup is 1 cup raw or cooked                                 | · <del></del>   |                      |
| vegetables, 2 cups leafy salad greens,                  |   |                        | vegetables, 2 cups leafy salad greens,                        |   |                      |
| or 1 cup 100% vegetable juice)                          |   |                        | or 1 cup 100% vegetable juice)                                |   |                      |
|   |   |                        |   |   |                      |
|   |   | cups                   |   |   | cups                 |
| Grains Ounce equivalents                                |   |                        | Grains Ounce equivalents                                      |   |                      |
| (1 ounce equivalent is about 1 slice of                 |   |                        | (1 ounce equivalent is about 1 slice of                       |   |                      |
| bread, 1 ounce ready-to-eat cereal; or                  | - <u></u> -   |                        | bread, 1 ounce ready-to-eat cereal; or                        |   |                      |
| ½ cup cooked rice, pasta or cereal)                     |   | ounce                  | ½ cup cooked rice, pasta or cereal)                           |   | ounce                |
|   |   | equivalents            |   |   | equivalents          |
| Meat Ounces   |   |                        | Meat Ounces   |   |                      |
| (1 ounce equivalent is 1 ounce lean                     | ·   |                        | (1 ounce equivalent is 1 ounce lean                           |   |                      |
| meat, poultry, or seafood; 1 egg; 1                     |   |                        | meat, poultry, or seafood; 1 egg; 1                           |   |                      |
| Tbsp. peanut butter; ¼ cup cooked                       |   |                        | Tbsp. peanut butter; ¼ cup cooked                             |   |                      |
| beans or peas; or $\frac{1}{2}$ ounce nuts or seeds)    |   | ounce<br>equivalents   | beans or peas; or ½ ounce nuts or seeds)                      |   | ounce<br>equivalents |
| Dairy Cups  |   | ·                      | Dairy Cups  |   | ·                    |
| (1 cup is 1 cup milk, yogurt, or fortified              |   |                        | (1 cup is 1 cup milk, yogurt, or fortified                    | <del></del>   |                      |
| soy beverage; 1 ½ ounces natural                        |   |                        | soy beverage; 1 ½ ounces natural                              |   |                      |
| cheese; or 2 ounces processed cheese)                   |   |                        | cheese; or 2 ounces processed cheese)                         |   |                      |
| ,                 |   | cups                   |   |   |                      |
| Be physically active for at least <b>150</b>            | Some foods and drinks such as sodas,                            | cups                   | Be physically active for at least <b>150</b>                  | Some foods and drinks such as sodas,                            | cups                 |
| minutes each week.                                      | cakes, cookies, donuts, ice cream, and                          |                        | minutes each week.  | cakes, cookies, donuts, ice cream, and                          |                      |
|   | candy, are high in fats and sugars. Limit your intake of these. |                        |   | candy, are high in fats and sugars. Limit your intake of these. |                      |
|   |   | minutes                |   |   | minutes              |
| How did I do today?                                     |   | ot so Great            | How did I do today? Great  My Food Objective for tomorrow is: | So-So Not so G  |                      |
| My Physical Activity Objective fo                       | or tomorrow is:   |                        | , g   |   |                      |
| , ,   | A COULD C   |                        | My Physical Activity Objective for to                         | -   |                      |
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