



Day/Date: _____

Physical Activity: _____

Duration: _____



H2O Drank Today

Macronutrient Portion Equivalent

1 Carbohydrate Portion = 15 g Carbohydrates

1 Protein Portion = 7 g Protein

1 Fat Portion = 5g Fat

Daily Food Group Goals

Fruit Group:

Veggie Group:

Grain Group:

Meat Group:

Dairy Group

Extra Cals:

Meal Time	BP/BG	Food Choices Eaten	Scratch Paper			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: _____



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