



H2O Drank Today

Macronutrient Portion Equivalent
1 Carb Portion = 15 grams 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: \_\_\_\_\_

Meal Time	Food Choices Eaten	Scratch Paper			Food Group Equivalent						
		Carb	Protein	Fat	Fruit	Veg	Grain	Meat	Dairy	Extra Cals	
<b>Food Group Totals:</b>											

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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