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

			Scratch Paper			Food Group Equivalent					
Meal Time	**BG/BP**	**Food Choices Eaten**	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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