Date: _____

Tracking Sheets

Date: _____

Tracking Sheets

Based on Your Face Sheet My daily food group goals are:	Tally your food choices from the food groups	Estimate your Total	Based on Your Face Sheet My daily food group goals are:	Tally your food choices from the food groups	Estimate your Total
Fruit Cup(s)		TOLAI	Fruit Cup(s)		IULAI
(1 cup is 1 cup raw or cooked fruit, $\frac{1}{2}$ cup dried fruit or 1 cup 100% fruit			(1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit or 1 cup 100% fruit		
juice)			juice)		
Juice			Juice		
		cups			cups
Vegetables Cup(s)			Vegetables Cup(s)		· ·
(1 cup is 1 cup raw or cooked			(1 cup is 1 cup raw or cooked		
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			bread, 1 ounce ready-to-eat cereal; or		
$\frac{1}{2}$ cup cooked rice, pasta or cereal)			$\frac{1}{2}$ cup cooked rice, pasta or cereal)		
		ounce			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		ounce	beans or peas; or $\frac{1}{2}$ ounce nuts or		ounce
seeds) Dairy Cups		equivalents	seeds)		equivalents
			DairyCups		
(1 cup is 1 cup milk, yogurt, or fortified			(1 cup is 1 cup milk, yogurt, or fortified		
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			cups
Be physically active for at least 150	Some foods and drinks such as sodas,		Be physically active for at least 150	Some foods and drinks such as sodas,	
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.	
	your intake of these.			your intake of these.	
		minutes			minutes
How did I do today? Great So-So Not so Great			How did I do today? Great So-So Not so Great		
My Food Objective for tomorrow is:			My Food Objective for tomorrow is:		
	v is:				
My Physical Activity Objective for tomorrow is:			My Physical Activity Objective for tomorrow is:		



