



Macro-nutrient portion equivalent
Carbs: *1 carb portion =15g Carbohydrates
Protein: *1 portion =7g Protein
Fat: *1 portion has about 5g Fat

Daily Food Group Goals
Fruit Group: _____
Veggie Group: _____
Grain Group: _____
Meat Group: _____
Dairy Group: _____
Extra Cals: _____

Date: _____

Physical Activity: _____

Duration: _____

Circle/check for every 8 oz drank daily

Meal/Time	Food Choices Eaten	Portions			Food Group Equivalent					
		Carb	Protein	Fat	Fruit	Veg	Grain	Meat	Dairy	Extra Cals
_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	—	—	—	—	—	—	—	—	—
		Daily Totals:								

How did I do today? Great So-So Not so Great

My food objective for tomorrow is: _____

My activity objective for tomorrow is: _____

Mood/Symptoms: _____

Journal: _____