



Date: _____

Physical Activity: _____

Duration: _____



Circle for every 8 oz drank daily

Daily Portion Goals
Carbs: _____ g*1 carb portion =15g Carb
Protein: _____ g*1 portion =7g Protein
Fat: _____ g *1 portion has about 5g Fat

Daily Food Group Goals
Fruit Group:
Veggies Group:
Grain Group:
Meat Group:
Dairy Group:
Extra Cals:

Meal/Time	Blood Glucose	Food Choices Eaten	Portions			Food Group Equivalent						
			Carb	Protein	Fat	F	V	G	Meat	Dairy	Extra Cals	
Totals												

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

My food objective for tomorrow is: _____

My activity objective for tomorrow is: _____

Mood/Symptoms: _____

Journal: _____



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