



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	
<b>Totals</b>												

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: \_\_\_\_\_