



Date: _____

Physical Activity: _____

Duration: _____



Circle for every 8 oz drank daily

Portion Goals	
Carbs: _____	*1 portion=15g
Protein: _____	*1 portion=7g
Fat: _____g	*1 portion~5g

Food Goals
Fruit: _____
Veggies: _____
Grain: _____
Meat: _____
Dairy: _____
Extra Cals: _____

Meal/Time	Food	Portions			Food Group Equivalent					
		Carb	Protein	Fat	Fruit	Veggies	Grain	Meat	Dairy	Extra Cals
Totals										

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

My food objective for tomorrow is: _____

My activity goal for tomorrow is: _____

Mood/Symptoms: _____

Journal: _____
