






# My Daily Food Plan Worksheet

Date: \_\_\_\_\_

Check how you did today and set a goal to aim for tomorrow

Carbs	Protein	Fat	Your Daily Food Choices	Time/Duration/Symptoms	Tips	Based on Your Face Sheet Your Goals are:	Tally your food choices from the food groups	Estimate your Total
					<b>FRUIT:</b> Select fresh, frozen, canned and dried fruit more often than juice 	<b>___ Cup(s)</b> (1 cup is 1 cup raw or cooked fruit, 1/2 cup dried fruit or 1 cup 100% fruit juice)	_____ _____ _____	_____ ounce equivalents
					<b>VEGETABLES:</b> Aim for variety every day; pick vegetables from several subgroups: Dark green, red and orange, beans & peas, starchy, and other veggies. 	<b>___ Cup(s)</b> (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)	_____ _____ _____	_____ cups
					<b>GRAINS:</b> Make at least half your grains whole grains 	<b>___ Ounce equivalents</b> (1 ounce equivalent is about 1 slice of bread, 1 ounce ready-to-eat cereal; or 1/2 cup cooked rice, pasta or cereal)	_____ _____ _____	_____ cups
					<b>MEAT:</b> Aim for variety - choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week 	<b>___ Ounces</b> (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp. peanut butter; 1/4 cup cooked beans or peas; or 1/2 ounce nuts or seeds)	_____ _____ _____	_____ cups
					<b>DAIRY:</b> Include fat-free and low-fat dairy foods every day. 	<b>___ Cups</b> (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1 1/2 ounces natural cheese; or 2 ounces processed cheese)	_____ _____ _____	_____ ounce equivalents
					<b>EXERCISE:</b> Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least <b>150 minutes</b> each week.	Some foods and drinks such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.	_____ minutes

How did you do today?

Great

So-So

Not So Great

My food objective for tomorrow is:

\_\_\_\_\_

My activity objective for Tomorrow is:

\_\_\_\_\_

**Objective: Tangible, Realistic, Have a Specific Time**

**I am successful because I CHOOSE to be!!!!**

**Complete your tracker each day!!!!**

**Contributed by: K.L.**