



Circle for every 8 oz drank daily

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

<b>Daily Food Group Goals</b>
<b>Fruit Group:</b> _____
<b>Veggie Group:</b> _____
<b>Grain Group:</b> _____
<b>Meat Group:</b> _____
<b>Dairy Group:</b> _____
<b>Extra Cals:</b> _____

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

Physical Activity: \_\_\_\_\_

Duration: \_\_\_\_\_

Meal/Time	Blood Glucose	Food Choices Eaten	Portions			Food Group Equivalent					
			Carb	Protein	Fat	Fruit	Veg	Grain	Meat	Dairy	Extra Cals
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
_____	_____	_____	—	—	—	—	—	—	—	—	—
<b>Daily 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: \_\_\_\_\_