



Circle for every 8 oz drank daily

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

Daily Food Group Goals
Fruit Group: _____
Veggie Group: _____
Grain Group: _____
Meat Group: _____
Dairy Group: _____
Extra Cals: _____

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: \_\_\_\_\_