

LIVE IT TRACKER

Name: _____

Date: _____ Week #: _____

My activity goal for next week:
 None <30 min/day 30-60 min/day

loss /gain _____ Calorie Range: _____

My week at a glance:
 Great So-so Not so great

My food goal for next week: _____

Activity level:
 None <30 min/day 30-60 min/day

RECOMMENDED DAILY AMOUNT OF FOOD FROM EACH GROUP

GROUP	DAILY CALORIES							
	1300-1400	1500-1600	1700-1800	1900-2000	2100-2200	2300-2400	2500-2600	2700-2800
Fruits	1.5 – 2 c.	1.5 – 2 c.	1.5 – 2 c.	2 – 2.5 c.	2 – 2.5 c.	2.5 – 3.5 c.	3.5 – 4.5 c.	3.5 – 4.5 c.
Vegetables	1.5 – 2 c.	2 – 2.5 c.	2.5 – 3 c.	2.5 – 3 c.	3 – 3.5 c.	3.5 – 4.5 c.	4.5 – 5 c.	4.5 – 5 c.
Grains	5 oz eq.	5-6 oz eq.	6-7 oz eq.	6-7 oz eq.	7-8 oz eq.	8-9 oz eq.	9-10 oz eq.	10-11 oz eq.
Dairy	2-3 c.	3 c.	3 c.	3 c.	3 c.	3 c.	3 c.	3 c.
Protein	4 oz eq.	5 oz eq.	5-5.5 oz eq.	5.5-6.5 oz eq.	6.5-7 oz eq.	7-7.5 oz eq.	7-7.5 oz eq.	7.5-8 oz eq.
Healthy Oils & Other Fats	4 tsp.	5 tsp.	5 tsp.	6 tsp.	6 tsp.	7 tsp.	8 tsp.	8 tsp.
Water & Super Beverages*	Women: 9 c. Men: 13 c.	Women: 9 c. Men: 13 c.	Women: 9 c. Men: 13 c.	Women: 9 c. Men: 13 c.	Women: 9 c. Men: 13 c.	Women: 9 c. Men: 13 c.	Women: 9 c. Men: 13 c.	Women: 9 c. Men: 13 c.

**May count up to 3 cups caffeinated tea or coffee toward goal*

DAILY FOOD GROUP TRACKER

	GROUP	FRUITS	VEGETABLES	GRAINS	PROTEIN	DAIRY	HEALTHY OILS & OTHER FATS	WATER & SUPER BEVERAGES
1	Estimate Total							
2	Estimate Total							
3	Estimate Total							
4	Estimate Total							
5	Estimate Total							
6	Estimate Total							
7	Estimate Total							

FOOD CHOICES DAY 1

Breakfast: _____
 Lunch: _____
 Dinner: _____
 Snacks: _____

PHYSICAL ACTIVITY steps/miles/minutes: _____
 description: _____

SPIRITUAL ACTIVITY
 description: _____

FOOD CHOICES **DAY 2**

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

PHYSICAL ACTIVITY steps/miles/minutes: _____

description: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES **DAY 3**

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

PHYSICAL ACTIVITY steps/miles/minutes: _____

description: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES **DAY 4**

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

PHYSICAL ACTIVITY steps/miles/minutes: _____

description: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES **DAY 5**

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

PHYSICAL ACTIVITY steps/miles/minutes: _____

description: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES **DAY 6**

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

PHYSICAL ACTIVITY steps/miles/minutes: _____

description: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES **DAY 7**

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

PHYSICAL ACTIVITY steps/miles/minutes: _____

description: _____

SPIRITUAL ACTIVITY

description: _____
