



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: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES**DAY 3**

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

PHYSICAL ACTIVITY

steps/miles/minutes: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES**DAY 4**

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

PHYSICAL ACTIVITY

steps/miles/minutes: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES**DAY 5**

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

PHYSICAL ACTIVITY

steps/miles/minutes: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES**DAY 6**

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

PHYSICAL ACTIVITY

steps/miles/minutes: _____

SPIRITUAL ACTIVITY

description: _____

FOOD CHOICES**DAY 7**

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

PHYSICAL ACTIVITY

steps/miles/minutes: _____

SPIRITUAL ACTIVITY

description: _____
