



# 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 & Sugar 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 & SUGAR 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: \_\_\_\_\_

SPIRITUAL ACTIVITY

description: \_\_\_\_\_

description: \_\_\_\_\_

### FOOD CHOICES

### DAY 2

Breakfast: \_\_\_\_\_  
 Lunch: \_\_\_\_\_  
 Dinner: \_\_\_\_\_  
 Snacks: \_\_\_\_\_

PHYSICAL ACTIVITY steps/miles/minutes: \_\_\_\_\_

SPIRITUAL ACTIVITY

description: \_\_\_\_\_

description: \_\_\_\_\_

### FOOD CHOICES

### DAY 3

Breakfast: \_\_\_\_\_  
 Lunch: \_\_\_\_\_  
 Dinner: \_\_\_\_\_  
 Snacks: \_\_\_\_\_

PHYSICAL ACTIVITY steps/miles/minutes: \_\_\_\_\_

SPIRITUAL ACTIVITY

description: \_\_\_\_\_

description: \_\_\_\_\_

### FOOD CHOICES

### DAY 4

Breakfast: \_\_\_\_\_  
 Lunch: \_\_\_\_\_  
 Dinner: \_\_\_\_\_  
 Snacks: \_\_\_\_\_

PHYSICAL ACTIVITY steps/miles/minutes: \_\_\_\_\_

SPIRITUAL ACTIVITY

description: \_\_\_\_\_

description: \_\_\_\_\_

### FOOD CHOICES

### DAY 5

Breakfast: \_\_\_\_\_  
 Lunch: \_\_\_\_\_  
 Dinner: \_\_\_\_\_  
 Snacks: \_\_\_\_\_

PHYSICAL ACTIVITY steps/miles/minutes: \_\_\_\_\_

SPIRITUAL ACTIVITY

description: \_\_\_\_\_

description: \_\_\_\_\_

### FOOD CHOICES

### DAY 6

Breakfast: \_\_\_\_\_  
 Lunch: \_\_\_\_\_  
 Dinner: \_\_\_\_\_  
 Snacks: \_\_\_\_\_

PHYSICAL ACTIVITY steps/miles/minutes: \_\_\_\_\_

SPIRITUAL ACTIVITY

description: \_\_\_\_\_

description: \_\_\_\_\_

### FOOD CHOICES

### DAY 7

Breakfast: \_\_\_\_\_  
 Lunch: \_\_\_\_\_  
 Dinner: \_\_\_\_\_  
 Snacks: \_\_\_\_\_

PHYSICAL ACTIVITY steps/miles/minutes: \_\_\_\_\_

SPIRITUAL ACTIVITY

description: \_\_\_\_\_

description: \_\_\_\_\_



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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
<b>1</b>	Estimate Total							
<b>2</b>	Estimate Total							
<b>3</b>	Estimate Total							
<b>4</b>	Estimate Total							
<b>5</b>	Estimate Total							
<b>6</b>	Estimate Total							
<b>7</b>	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: \_\_\_\_\_

\_\_\_\_\_