



# MY GAME PLAN

## FOOD AND ACTIVITY TRACKER

NAME

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DATE

FROM

TO

MY GAME PLAN THIS WEEK...

FOR CUTTING FAT GRAMS:

FOR CUTTING CALORIES:

FOR GETTING MORE  
PHYSICAL ACTIVITY:

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.

SAMPLE ENTRY:

### MONDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
8:00 AM	1/2 cup oatmeal	1	73
	1 cup 2% milk	5	121

















