

MY GAME PLAN

FOOD AND ACTIVITY TRACKER

NAME	 		
DATE	 	<u> </u>	
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MY GAME PLAN THIS WEEK			
FOR CUTTING FAT GRAMS:			
FOR CUTTING CALORIES:			
	l I		
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

MY DAILY AND WEEKLY GOALS				
FAT GRAMS CALORIES MINUTES OF ACTIVI				
DAILY				
WEEKLY				

MY DAILY AND WEEKLY TOTALS				
	FAT GRAMS	CALORIES	MINUTES Of activity	WEIGHT
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
WEEKLY TOTALS				POUNDS LOST

MONDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

	MONDAY FOOD AND DRINK TRACKER (CONTINUED)			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES	
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	TOTALS			

DAILY PHYSICAL ACTIVITY		
TYPE OF ACTIVITY	MINUTES	
TOTAL		

	TUESDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES	

TUESDAY FOOD AND DRINK TRACKER (CONTINUED)			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
1			
1			
	TOTALS		

DAILY PHYSICAL ACTIVITY		
TYPE OF ACTIVITY	MINUTES	
TOTAL		

	WEDNESDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES	

WED	WEDNESDAY FOOD AND DRINK TRACKER (CONTINUED)			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES	
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	TOTALS			

DAILY PHYSICAL ACTIVITY			
TYPE OF ACTIVITY	MINUTES		
TOTAL			

THURSDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

THURSDAY FOOD AND DRINK TRACKER (CONTINUED)			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
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	TOTALO		
	TOTALS		

DAILY PHYSICAL ACTIVITY			
TYPE OF ACTIVITY	MINUTES		
	l I		
TOTAL			

FRIDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

FRIDAY FOOD AND DRINK TRACKER (CONTINUED)			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
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	TOTALS		

DAILY PHYSICAL ACTIVITY		
TYPE OF ACTIVITY	MINUTES	
TOTAL		

SATURDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

SAT	SATURDAY FOOD AND DRINK TRACKER (CONTINUED)		
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
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	TOTALS		
	DAILY PHYSICAL ACTIVIT	Υ	
	TYPE OF ACTIVITY		MINUTES

DAILY PHYSICAL ACTIVITY		
TYPE OF ACTIVITY	MINUTES	
	i I	
TOTAL		

SUNDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
	1		

SUNDAY FOOD AND DRINK TRACKER (CONTINUED)			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
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	TOTALS		

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	