



My name is \_\_\_\_\_

I commit to \_\_\_\_\_

Given this day \_\_\_\_\_ Month \_\_\_\_\_

## The Food Group Tracker: Calories Made Simple

1200 Daily Calorie Tracker

100 Calorie Snack



Starch



Fruit



Protein (3oz serving)



Dairy



Non-starchy vegetable



Healthy fat



Free choice



Water 20 oz



See 100 Calorie  
Healthy Snack ebook

Starches are good  
source of  
carbohydrates. Choose  
wisely

Notes:



*What I Ate Today . . .*

<b>Breakfast</b>	
<b>Mid-morning snack</b>	
<b>Lunch</b>	
<b>Afternoon snack</b>	
<b>Dinner</b>	
<b>Evening snack</b>	

