



My name is \_\_\_\_\_  
I commit to \_\_\_\_\_  
Given this day \_\_\_\_\_ Month \_\_\_\_\_

## The Food Group Tracker: Calories Made Simple

### 1200 Daily Calorie Tracker



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>	

