



My name is _____

I commit to _____

Given this day _____ Month _____

The Food Group Tracker: Calories Made Simple

1400 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 . . .

Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
Evening snack	

