



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

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

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

## The Food Group Tracker: Calories Made Simple

### 1400 Daily Calorie Tracker

**100 Calorie Snack**



See 100 Calorie  
Healthy Snack ebook

**Starch**



**Fruit**



**Protein (3oz serving)**



**Dairy**



**Non-starchy vegetable**



Starches are good  
source of  
carbohydrates. Choose  
wisely

**Healthy fat**



**Free choice**



**Water 20 oz**



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>	

