



My name is _____

I commit to _____

Given this day _____ Month _____

The Food Group Tracker: Calories Made Simple

1800 Daily Calorie Tracker



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	

