



My name is _____
I commit to _____
Given this day _____ Month _____

The Food Group Tracker: Calories Made Simple

2500 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...

Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
Evening snack	

