






# Food and Activity Diary – Food Log

Are you on the right track? Use this log to keep a daily record of the foods that you eat. At the end of the week, rate how well you did and think about what you can do better next week.

Name: \_\_\_\_\_

Dates: \_\_\_\_\_

| Food Groups  |   | Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|--|--|--|--|--|--|--|
|    | <b>Grains Group</b><br>(Did you eat whole grains?)                  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  |
|    | <b>Milk Group</b><br>(Check off how many servings each day.)        | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   |
|   | <b>Vegetables Group</b><br>(Check off how many servings each day.)  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  | <b>Fruits Group</b><br>(Check off how many servings each day.)      | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  | <b>Meat &amp; Beans Group</b><br>(Did you choose healthy proteins?) | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  |

How did I do this week?  Awesome!  OK!  Try Again!