small steps
big rewards
Prevent type 2 Diabetes

MY GAME PLAN

FOOD AND ACTIVITY TRACKER

NAME _____

DATE _____ — _____
FROM TO

MY GAME PLAN THIS WEEK...

FOR CUTTING FAT GRAMS: _____

FOR CUTTING CALORIES: _____

FOR GETTING MORE PHYSICAL ACTIVITY: _____

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.

SAMPLE ENTRY:

MONDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
8:00 AM	1/2 cup oatmeal	1	73
	1 cup 2% milk	5	121

MY DAILY AND WEEKLY GOALS

	FAT GRAMS	CALORIES	MINUTES OF ACTIVITY
DAILY			
WEEKLY			

MY DAILY AND WEEKLY TOTALS

	FAT GRAMS	CALORIES	MINUTES OF ACTIVITY	WEIGHT
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
WEEKLY TOTALS				POUNDS LOST

MONDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

MONDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
	TOTALS		

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

TUESDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

TUESDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
	TOTALS		

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

WEDNESDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

WEDNESDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
	TOTALS		

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

THURSDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

THURSDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
	TOTALS		

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

FRIDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

FRIDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
	TOTALS		

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

SATURDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

SATURDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
	TOTALS		

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

SUNDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

SUNDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
		TOTALS	

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	