



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

[illegible]

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

[illegible]

TUESDAY FOOD AND DRINK TRACKER (CONTINUED)[illegible]

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

WEDNESDAY FOOD AND DRINK TRACKER

[illegible]

WEDNESDAY FOOD AND DRINK TRACKER (CONTINUED)[illegible]

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

THURSDAY FOOD AND DRINK TRACKER

[illegible]

THURSDAY FOOD AND DRINK TRACKER (CONTINUED)[illegible]

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

FRIDAY FOOD AND DRINK TRACKER

[illegible]

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

[illegible]

SATURDAY FOOD AND DRINK TRACKER (CONTINUED)[illegible]

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

SUNDAY FOOD AND DRINK TRACKER

[illegible]

SUNDAY FOOD AND DRINK TRACKER (CONTINUED)			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
TOTALS			

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	