

# Tracker Instructions



## Get Started!

Print off a copy of the tracker for each week of the program. Set a mini food and activity goal for the week. At the end of the week mark how you did (*Great, So-So or Could do Better*).

## How to use the Nutrition Tracker:

- Under each day of the week write the food and beverage items for each meal and the total calories for the meal.
- At the end of the day add up the calories from each meal to get the daily total.
- Visit [www.CalorieKing.com](http://www.CalorieKing.com) or [www.myFoodapedia.gov](http://www.myFoodapedia.gov) to calculate the calorie content for foods without a label.
- To achieve a healthy and balanced diet be sure to incorporate the recommended amount of whole grains, vegetables, fruits and dairy foods into your diet. The shaded box on this page provides more information about recommended servings and amounts.

## How to use the Physical Activity Tracker:

- Write down what you plan to do for the week and how long, in minutes, you plan to do it.
- As you move through the week, document the actual activities and amount of time you spent doing them.
- Write your RPE (rate of perceived exertion) for the activity. On a scale of 6 to 20, 6 being sitting on the couch and 20 being your maximum exertion, how intense was your workout?
- Record notes/comments about the day and the workout as applicable.

### Whole Grains

#### **3 (1 oz.) equivalents**

One ounce serving equals 1 slice of whole-wheat bread, 1/2c. brown rice, 5 whole-wheat crackers or 1/2c. oatmeal.

### Vegetables

#### **2-1/2 Cups**

One 1/2c. serving equals 1/2c. chopped or florets of raw/cooked broccoli, 1 medium carrot, 1c. raw, leafy greens or 1/2c. cooked, leafy greens.

### Fruits

#### **2 Cups**

One 1/2c. serving equals 1/2c. sliced, chopped or cut-up fruit, about 4 large strawberries, 1/2 large orange or 16 seedless grapes.

### Dairy Foods

#### **3 cups low-fat or fat-free milk or milk equivalents**

One serving equals 1c. milk, 1 container (8 oz.) yogurt or 1-1/2 oz. cheese.



# Calorie Counting Nutrition Tracker

Date	Weight	Calorie Needs
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	MON	TUES	WED	THU	FRI	SAT	SUN
Breakfast							
Calories							
Snack							
Calories							
Lunch							
Calories							
Snack							
Calories							
Dinner							
Calories							
Snack							
Calories							
<b>Calorie Total</b>							

My food goal for this week is \_\_\_\_\_

My activity goal for this week is \_\_\_\_\_

How did you do this week?  Great  So-So  Could Do Better



# Physical Activity Tracker

Date	PLAN AHEAD		RECORD WHAT YOU DID			
	Activity	Min	Activity	Min	RPE	Notes/Comments
____/____/____ MON						
____/____/____ TUE						
____/____/____ WED						
____/____/____ THU						
____/____/____ FRI						
____/____/____ SAT						
____/____/____ SUN						
<b>TOTAL:</b>		<input type="text"/>	<b>TOTAL:</b>			<input type="text"/>