

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



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:

FOLD HERE

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

TO MAKE MORE WEEKLY TRACKERS: Make one (1) copy of each page. Cut the pages in half, placing this page on top. Staple in the upper left-hand corner and fold to fit in your pocket or purse.

CUT HERE ✂

CUT HERE ✂

MONDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

FOLD HERE

MONDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
TOTALS			

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

MAKE ONE (1) COPY OF THIS PAGE.

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	

FOLD HERE

CUT HERE >

CUT HERE >

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	

FOLD HERE

THURSDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

FOLD HERE

THURSDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
TOTALS			

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

CUT HERE ✂

CUT HERE ✂

FRIDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

FOLD HERE

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

FOLD HERE

SATURDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
TOTALS			

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	

CUT HERE ✂

SUNDAY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

FOLD HERE

SUNDAY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
TOTALS			

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	