

# Food and activity journal



Track your food and physical activity every day. At the end of the day, compare your food and activity to the goals in your Life Plan and rate your success. If you prefer to track online, go to [mybostonheart.com](http://mybostonheart.com).

| FOOD             | AMOUNT |
|------------------|--------|
| <b>BREAKFAST</b> |        |
|                  |        |
|                  |        |
|                  |        |
|                  |        |
| <b>LUNCH</b>     |        |
|                  |        |
|                  |        |
|                  |        |
|                  |        |
| <b>DINNER</b>    |        |
|                  |        |
|                  |        |
|                  |        |
|                  |        |
| <b>SNACKS</b>    |        |
|                  |        |
|                  |        |
|                  |        |
|                  |        |
| TYPE OF ACTIVITY | TIME   |
| <b>ACTIVITY</b>  |        |
|                  |        |
|                  |        |
|                  |        |

DATE \_\_\_\_\_

WEIGHT \_\_\_\_\_

## DAILY SERVINGS

Fill in the blank next to each food group with the daily servings number from your Life Plan. Mark a circle each time you eat a serving.

LEAN PROTEIN \_\_\_\_\_ (3 ounce servings)



VEGETABLE \_\_\_\_\_ (1 cup servings)



FRUIT \_\_\_\_\_ (1 cup servings)



DAIRY \_\_\_\_\_ (1 cup / 1 ounce servings)



GRAIN \_\_\_\_\_ (½ cup / 1 ounce servings)



OIL \_\_\_\_\_ (1 tablespoon servings)



Did you hit your goals today?

Yes



Halfway



No

