Live It Tracker

Name: _____ My week at a glance: ❑ Great ❑ So-so ❑ Not so great

Date: _____ Week #: _____ Calorie Range: _____ My food goal for next week: _____

Activity Level: None, < 30 min/day, 30-60 min/day, 60+ min/day My activity goal for next week: _____

Scripture Memory Verse: _____

_____

RECOMMENDED DAILY AMOUNT OF FOOD FROM EACH GROUP

Group	***Daily Calories***							
	1300-1400	1500-1600	1700-1800	1900-2000	2100-2200	2300-2400	2500-2600	2700-2800
Fruits	1.5-2 c.	1.5-2 c.	1.5-2 c.	2-2.5 c.	2- 2.5 c.	2.5- 3.5 c.	3.5- 4.5 c.	3.5- 4.5 c.
Vegetables	1.5-2 c.	2-2.5 c.	2.5-3 c.	2.5-3 c.	3- 3.5 c.	3.5- 4.5 c.	4.5- 5 c.	4.5- 5 c.
Grains	5 oz-eq.	5-6 oz-eq.	6-7 oz-eq.	6-7 oz-eq.	7- 8 oz-eq.	8-9 oz-eq.	9-10 oz-eq.	10-11 oz-eq.
Meat & Beans	4 oz-eq.	5 oz-eq.	5- 5.5 oz-eq.	5.5- 6.5 oz-eq.	6.5- 7 oz-eq.	7 -7.5 oz-eq.	7- 7.5 oz-eq.	7.5- 8 oz-eq.
Milk	2- 3 c.	3 c.	3 c.	3 c.	3 c.	3 c.	3 c.	3 c.
Healthy Oils	4 tsp.	5 tsp.	5 tsp.	6 tsp.	6 tsp.	7 tsp.	8 tsp.	8 tsp.

Day One

FOOD CHOICES

Breakfast: _____ Lunch: _____

Dinner: _____ Snacks: _____

Group	***Fruits***	***Vegetables***	***Grains***	***Meat & Beans***	***Milk***	***Oils***
Goal Amount						
Estimate Your Total						
Increase ⇧ or Decrease ⇩ ?						

PHYSICAL ACTIVITY

Description: _____

Steps/Miles/Minutes: _____

SPIRITUAL ACTIVITY

Description: _____

Day Two

FOOD CHOICES

Breakfast: _____ Lunch: _____

Dinner: _____ Snacks: _____

Group	***Fruits***	***Vegetables***	***Grains***	***Meat & Beans***	***Milk***	***Oils***
Goal Amount						
Estimate Your Total						
Increase ⇧ or Decrease ⇩ ?						

PHYSICAL ACTIVITY

Description: _____

Steps/Miles/Minutes: _____

SPIRITUAL ACTIVITY

Description: _____

Day Three

FOOD CHOICES

Breakfast: _____ Lunch: _____

Dinner: _____ Snacks: _____

Group	***Fruits***	***Vegetables***	***Grains***	***Meat & Beans***	***Milk***	***Oils***
Goal Amount						
Estimate Your Total						
Increase ⇧ or Decrease ⇩ ?						

PHYSICAL ACTIVITY

Description: _____

Steps/Miles/Minutes: _____

SPIRITUAL ACTIVITY

Description: _____

Live It Tracker

Day Four

FOOD CHOICES

Breakfast: _____ Lunch: _____

Dinner: _____ Snacks: _____

Group	*Fruits*	*Vegetables*	*Grains*	*Meat & Beans*	*Milk*	*Oils*
Goal Amount						
Estimate Your Total						
Increase ⇧ or Decrease ⇩ ?						

PHYSICAL ACTIVITY

Description: _____

Steps/Miles/Minutes: _____

SPIRITUAL ACTIVITY

Description: _____

Day Five

FOOD CHOICES

Breakfast: _____ Lunch: _____

Dinner: _____ Snacks: _____

Group	*Fruits*	*Vegetables*	*Grains*	*Meat & Beans*	*Milk*	*Oils*
Goal Amount						
Estimate Your Total						
Increase ⇧ or Decrease ⇩ ?						

PHYSICAL ACTIVITY

Description: _____

Steps/Miles/Minutes: _____

SPIRITUAL ACTIVITY

Description: _____

Day Six

FOOD CHOICES

Breakfast: _____ Lunch: _____

Dinner: _____ Snacks: _____

Group	*Fruits*	*Vegetables*	*Grains*	*Meat & Beans*	*Milk*	*Oils*
Goal Amount						
Estimate Your Total						
Increase ⇧ or Decrease ⇩ ?						

PHYSICAL ACTIVITY

Description: _____

Steps/Miles/Minutes: _____

SPIRITUAL ACTIVITY

Description: _____

Day Seven

FOOD CHOICES

Breakfast: _____ Lunch: _____

Dinner: _____ Snacks: _____

Group	*Fruits*	*Vegetables*	*Grains*	*Meat & Beans*	*Milk*	*Oils*
Goal Amount						
Estimate Your Total						
Increase ⇧ or Decrease ⇩ ?						

PHYSICAL ACTIVITY

Description: _____

Steps/Miles/Minutes: _____

SPIRITUAL ACTIVITY

Description: _____