

Small Steps to Health and Wealth™ Colorado



Track Your Current Behavior

Food and Activity Log

Time Period: _____

Using the *My Daily Food Plan Worksheet*, record your eating and physical activity behaviors based on what you did yesterday and/or do on a typical day.

(For a more accurate comparison of your current behavior as it relates to the recommendations for your particular age, gender, and activity level, you may need to change the **calorie level** and **food group quantities** on the worksheet.) *

* 2,000 calories is used by the Food and Drug Administration and USDA as a standard calorie level on Nutrition Labels as well as for educational materials. The amount was chosen because it is a somewhat common calorie intake and for its mathematical simplicity. 2,000 calories is also the amount of total calories per day that a moderately active adult female (weighing 132 pounds) would need to maintain her weight.

My Daily Food Plan Worksheet



