

SWEET & SIMPLE FOOD AND ACTIVITY LOGS



My Daily Food Goals

Number of calories per day: _____

Number of grams carbohydrate per day: _____

Foods to encourage: _____

Foods to discourage: _____

	Number of Calories	Grams of Carbohydrate
Breakfast		
Mid-morning snack		
Lunch		
Mid-day snack		
Dinner		
Daily total		

My Weekly Activity Goals

Days per week: _____

Minutes per day: _____

Intensity level*: _____

***Light- and Moderate-Intensity Activities:** common daily activities that don't require much effort.

Moderate-Intensity Activities: make your heart, lungs, and muscles work harder than light-intensity activities do.

Vigorous-Intensity Activities: make your heart, lungs, and muscles work hard. A person doing vigorous-intensity activity can't say more than a few words without stopping for a breath.

	Number of Minutes	Type of activity (Level of intensity)
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Weekly total		

