Get Started!

Print off a copy of the tracker for each week of the program. Set a mini food and activity goal for the week. At the end of the week mark how you did (Great, So-So or Could do Better).

How to use the Nutrition Tracker:

- Under each day of the week write the food and beverage items for each meal and the total calories for the meal.
- At the end of the day add up the calories from each meal to get the daily total.
- Visit www.CalorieKing.com or www.myFoodapedia.gov to calculate the calorie content for foods without a label.
- To achieve a healthy and balanced diet be sure to incorporate the recommended amount of whole grains, vegetables, fruits and dairy foods into your diet. The shaded box on this page provides more information about recommended servings and amounts.

How to use the Physical Activity Tracker:

- Write down what you plan to do for the week and how long, in minutes, you plan to do it.
- As you move through the week, document the actual activities and amount of time you spent doing them.
- Write your RPE (rate of perceived exertion) for the activity. On a scale of 6 to 20, 6 being sitting on the couch and 20 being your maximum exertion, how intense was your workout?
- Record notes/comments about the day and the workout as applicable.

Whole Grains
3 (1 oz.) equivalents
One ounce serving equals 1 slice of whole-wheat bread, 1/2c. brown rice, 5 whole-wheat crackers or 1/2c. oatmeal.

Vegetables
2-1/2 Cups
One 1/2c. serving equals 1/2c. chopped or florets of raw/cooked broccoli, 1 medium carrot, 1c. raw, leafy greens or 1/2c. cooked, leafy greens.

Fruits
2 Cups
One 1/2c. serving equals 1/2c. sliced, chopped or cut-up fruit, about 4 large strawberries, 1/2 large orange or 16 seedless grapes.

Dairy Foods
3 cups low-fat or fat-free milk or milk equivalents
One serving equals 1c. milk, 1 container (8 oz.) yogurt or 1-1/2 oz. cheese.
# Calorie Counting

## Nutrition Tracker

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<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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**Date**

**Weight**

**Calorie Needs**
物理活动追踪器

日期

计划活动

活动

记录你做了什么

活动

分钟

RPE

注释/评论

我的食物目标是

我的活动目标是

你这周做得怎么样？

- 很好
- 中等
- 可以做得更好

<table>
<thead>
<tr>
<th>日期</th>
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<th>记录活动</th>
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总计：

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