

Toolkit No. 28 My Game Plan: Food and Activity Tracker

Name: _____

Date: From _____ to _____

MY GOALS THIS WEEK

For making smart food choices: _____

For getting more physical activity: _____

Sample Entry:

DAY: Monday		DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION	
8:00 AM	½ cup oatmeal	
	1 cup 1% milk	

TO MAKE MORE WEEKLY TRACKERS: Make one (1) copy of this page and three (3) copies of the next page. Cut the pages in half, placing this page on top. Staple in the upper left-hand corner and fold to fit in your pocket or purse.

©2009 by the American Diabetes Association, Inc. 11/09

FOLD HERE

Tips for making smart food choices

- Eat more whole grains, vegetables, and fruit.
- Eat fish 2 to 3 times a week.
- Choose healthy fats (in small amounts), such as olive oil, canola oil, or corn oil.
- Cut back on foods with saturated fat, such as high-fat meats and high-fat dairy foods.
- Cut back on serving sizes.
- Eat less salt and fewer high-sodium foods.
- Check out www.diabetes.org/MyFoodAdvisor.

Tips to increase your activity

- Take the stairs instead of the elevator.
- Park your car at the far end of the parking lot.
- Take a 30-minute walk, most days of the week.
- Work in the yard, do some housework, or wash the car.
- Find an activity you enjoy, such as biking or swimming.
- Take an exercise class.

For more information on diabetes, meal planning, or exercise, contact the American Diabetes Association at **1-800-DIABETES (342-2383)** or visit www.CheckUpAmerica.org.

Adapted from "Small Steps. Big Rewards. Prevent Type 2 Diabetes," a campaign of the National Diabetes Education Program. Visit www.ndep.nih.gov for more information.

CUT HERE ✂

CUT HERE ✂

DAY:		DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION	

DAILY FOOD AND DRINK TRACKER (continued)	
TIME	AMOUNT/NAME/DESCRIPTION

FOLD HERE

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	

MAKE THREE (3) COPIES OF THIS PAGE.

DAY: _____ DAILY FOOD AND DRINK TRACKER	
TIME	AMOUNT/NAME/DESCRIPTION

FOLD HERE

DAILY FOOD AND DRINK TRACKER (continued)	
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	

CUT HERE ✂

CUT HERE ✂

DAY: _____ DAILY FOOD AND DRINK TRACKER	
TIME	AMOUNT/NAME/DESCRIPTION

FOLD HERE

DAILY FOOD AND DRINK TRACKER (continued)	
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	



Provided By _____