Daily Food and Drink Tracker Date:____________________

Time	*Food/Description*	*Amount*	*Fat grams*	*Calories*
		Totals		

Daily Physical Activity

Type of Activity	*Minutes*
Total	

Type of Activity	*Minutes*
Total	

I CAN Prevent Diabetes!
Individuals and Communities
Acting Now to Prevent Diabetes©

MY GAME PLAN

Name ______________________________

Date ______________________________
FROM **TO**

MY GAME PLAN THIS WEEK
FOR CUTTING FAT GRAMS:
____
____
____
____

FOR GETTING MORE PHYSICAL ACTIVITY
____
____
____
____
____

SAMPLE ENTRY

DAILY FOOD AND DRINK TRACKER		**Date: Monday**	
TIME	**AMOUNT/NAME/DESCRIPTION**	**FAT GRAMS**	**CALORIES**
8:00 AM	1/2 CUP OF OATMEAL	1	73
	1 CUP 2% MILK	5	121

Daily Food and Drink Tracker

Date:____________________

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		Totals		

Daily Physical Activity

Type of Activity	*Minutes*
Total	

Type of Activity	*Minutes*
Total	

Daily Food and Drink Tracker

Date:____________________

Time	*Food/Description*	*Amount*	*Fat grams*	*Calories*
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Daily Physical Activity

Type of Activity	*Minutes*
Total	

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Daily Food and Drink Tracker

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Total	

Type of Activity	Minutes
Total	

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Date:________________________

Time	Food/Description	Amount	Fat grams	Calories
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Daily Physical Activity

Type of Activity	Minutes
Total	

Type of Activity	Minutes
Total	