

## SWEET & SIMPLE FOOD AND ACTIVITY LOGS

### My Daily Food Goals

Number of calories per day:

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Number of grams carbohydrate per day:

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Foods to encourage:

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Foods to discourage:

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

### My Weekly Activity Goals

Days per week:

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Minutes per day:

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Intensity level\*:

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**\*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 (yes/no)		
Monday (yes/no)		
Tuesday (yes/no)		
Wednesday (yes/no)		
Thursday (yes/no)		
Friday (yes/no)		
Saturday (yes/no)		
Weekly total		