My Daily Food Plan Worksheet **Junior/Senior Physical Education** Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Day (circle one) 1 2 3 **Reference - MyFoodDiary.com, enter food, click Nutrition Facts** Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Write in your food choices for today (drinks, snacks, etc – read your food labels) | Serving  Size Ounces | Number  of  servings | Food Group, (G)grains, (V)vegetables, (F)fruits, (D)dairy, (P)protein | Calories per Serving | Total Fat Percentage |  | Totals  Calories (number of servings X calories) |  |
| **Breakfast** |  |  |  |  |  |  |  |  |
| 1. |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  | Total Breakfast  Calories: |  |
| **Lunch** |  |  |  |  |  |  |  |  |
| 1. |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  | Total Lunch  Calories: |  |
| **Dinner** |  |  |  |  |  |  |  |  |
| 1. |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  | Total Dinner  Calories: |  |

Total Percentage of Fat/Day \_\_\_\_\_\_\_\_\_\_\_\_\_ Total Calories/Day\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you do today? \_\_\_ Great \_\_\_ So-So \_\_\_ Not so Great

Exercise/Activity today?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How many calories did you burn?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal for tomorrow?