Track Your Current Behavior

Food and Activity Log

Time Period: ____________

Using the My Daily Food Plan Worksheet, record your eating and physical activity behaviors based on what you did yesterday and/or do on a typical day.

(For a more accurate comparison of your current behavior as it relates to the recommendations for your particular age, gender, and activity level, you may need to change the calorie level and food group quantities on the worksheet.) *

* 2,000 calories is used by the Food and Drug Administration and USDA as a standard calorie level on Nutrition Labels as well as for educational materials. The amount was chosen because it is a somewhat common calorie intake and for its mathematical simplicity. 2,000 calories is also the amount of total calories per day that a moderately active adult female (weighing 132 pounds) would need to maintain her weight.

My Daily Food Plan Worksheet
Track Your Current Behavior
Income and Expense Log

Time Period: __________

Complete the table below using the two examples provided as a sample. Be specific as possible.

<table>
<thead>
<tr>
<th>Date</th>
<th>Description and Amount of Income</th>
<th>Description and Amount of Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/1</td>
<td>Paycheck-$350</td>
<td>Food-$45; Movie Tickets-$18</td>
</tr>
<tr>
<td>7/2</td>
<td></td>
<td>Allowances-$20; Child Care-$50; Gas-$15</td>
</tr>
</tbody>
</table>