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)
- · Cut back on foods with saturated fat
- Cut back on serving sizes.
- Eat less salt and fewer high-sodium foods.

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.
- Get up and move every 90 minutes if you sit for long periods of time.

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

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

Toolkit No. 28

My Game Plan: Food & Activity Tracker

Name:

FOLD HERE

Date: From

MY GOALS THIS WEEK

to

For making smart food choices:

For getting more physical activity:

Sample Entry:

DAY: Monday DAILY FOOD		DAILY FOOD AND DRINK TRACKER
TIME	A	MOUNT/NAME/DESCRIPTION
8:00 AM		¹ / ₂ 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. ©2012 by the American Diabetes Association, Inc. 1/15

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

DAILY PHYSICAL ACTIVITY		
TYPE OF ACTIVITY	MINUTES	
TOTAL		

FOLD HERE

MAKE THREE (3) COPIES OF THIS PAGE. Toolkit No. 28: My Game Plan: Food & Activity Tracker continued



Provided By

DAY:	DAILY FOOD AND DRINK TRACKE	R	D
TIME	AMOUNT/NAME/DESCRIPTION		TIME
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		_	
		_	
		_	

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

DAILY PHYSICAL ACTIVITY		
TYPE OF ACTIVITY	MINUTES	
TOTAL		

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

DAILY PHYSICAL ACTIVITY		
TYPE OF ACTIVITY	MINUTES	
TOTAL		