







My Calorie Calendar

Calorie Calculators:
Food Choices) http://www.weightlossresource.com/tools/calculator1_3.cfm
Physical Activity) www.caloriecontrol.org/exercalc.html

Food Group	Tip	Goal Based on a 2000 calorie pattern.	List each food choice in its food group*	Estimate Your Total	Calories Consumed/Used
 GRAINS	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)	_____ _____ _____	_____ ounce equivalents	↑
 VEGETABLES	Try to have vegetables from several subgroups each day	2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____ _____ _____	_____ cups	↑
 FRUITS	Make most choices fruit, not juice	2 cups	_____ _____ _____	_____ cups	↑
 MILK	Choose fat-free or low fat most often	3 cups (1 ½ ounces cheese = 1 cup milk)	_____ _____ _____	_____ cups	↑
 MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 ½ ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)	_____ _____ _____	_____ ounce equivalents	↑
 PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work.	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	_____ _____ _____	_____ minutes	↑

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

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

Total Calories

Using the Calorie Calendar

- 1. Use one calendar page per day**
- 2. Record the items eaten throughout the day. Log on to website to calculate your caloric intake to the nearest calorie**
- 3. Record your physical activity. Log on to website to calculate your calorie usage.**
- 4. Subtract the calories used by the calories taken in.**

Extensions:

- Create a weekly log by putting several pages together like a journal. Decorate it in ways that inspire you.**
- Make a graph of your daily calorie totals. Look for trends in eating and/or activity.**