# My Targets

Daily goals from your doctor, dietitian or calculator

| CALORIES | PROTEIN | CARBS | FAT | FIBRE | WATER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |

**Why I'm tracking**

**Hunger scale (use in the daily diary)**

| | | | |
|---|---|---|---|
| 1 Starving | 2 Very hungry | 3 Hungry | 4 Peckish |
| 5 Neutral | 6 Satisfied | 7 Full | 8 Stuffed |

# Daily Food Diary

Date _____ Weight _____ Mood _____

| BREAKFAST | KCAL | P | C | F | HUNGER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| LUNCH | KCAL | P | C | F | HUNGER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| DINNER | KCAL | P | C | F | HUNGER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| SNACKS | KCAL | P | C | F | HUNGER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| TOTAL | KCAL | P | C | F | WATER |
|---|---|---|---|---|---|
| | | | | | |

**How I felt today**

# Daily Food Diary

Date _____ Weight _____ Mood _____

| BREAKFAST | KCAL | P | C | F | HUNGER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| LUNCH | KCAL | P | C | F | HUNGER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| DINNER | KCAL | P | C | F | HUNGER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| SNACKS | KCAL | P | C | F | HUNGER |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| TOTAL | KCAL | P | C | F | WATER |
|---|---|---|---|---|---|
| | | | | | |

**How I felt today**

# Weekly Summary

Averages and wins

| DAY | KCAL | PROTEIN | CARBS | FAT | WATER | STEPS |
|---|---|---|---|---|---|---|
| Mon | | | | | | |
| Tue | | | | | | |
| Wed | | | | | | |
| Thu | | | | | | |
| Fri | | | | | | |
| Sat | | | | | | |
| Sun | | | | | | |

**What went well**

**Next week**

# Healthy Grocery List

Plan first, shop once

### Protein

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

### Vegetables

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

### Fruit

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

### Grains & carbs

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

### Dairy & alt

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
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- [ ] _____
- [ ] _____

### Healthy fats

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____