



## Daily Calorie Counter & Exercise Tracker for Smart Moms

<b>Day/Date:</b> _____ <b>Possible Pitfalls today:</b>	Today's Goals: _____
<b>CHECK EACH SERVING CONSUMED*</b>	<b>AFFIRMATIONS/INSPIRATIONS</b>
<b>Bread</b> .....	
<b>Vegetables</b> .....	
<b>Fruit</b> .....	
<b>Protein</b> .....	<b>EXERCISE TRACKING</b> Activities:
<b>Milk/Dairy</b> .....	
<b>Water</b> .....	Minutes: 15_ 15_15_15_15_15_

<b>BREAKFAST</b>	<b>Calories</b>	<b>DINNER</b>	<b>Calories</b>
<b>LUNCH</b>	<b>Calories</b>	<b>SNACKS</b>	<b>Calories</b>
<b>Breakfast &amp; Lunch Total:</b>		<b>Dinner &amp; Snacks Total:</b>	
		<b>Breakfast &amp; Lunch Total:</b>	
		<b>Total Calories for Day:</b>	

<b>Bread</b>	6-11 Servings: 1 slice bread; 1/2 hamburger bun, bagel or English Muffin; 1/2 cup cooked rice, pasta or noodles; 1/2 cup cooked cereal; 2-4 crackers; 1 ounce pretzels
<b>Vegetables</b>	3-5 Servings: 1 cup raw leafy vegetables (cabbage/spinach); 1/2 cup cooked solid vegetables (carrots, corn etc); 1/2 cup chopped raw vegetables; 3/4 cup vegetable juice
<b>Fruit</b>	2-4 Servings: 1 medium apple, orange, banana; 1 melon wedge; 1/2 cup diced fruit or berries; 1/2 cup cooked or canned fruit; 3/4 cup fruit juice
<b>Protein</b>	2-3 Servings: 2-3 oz cooked lean meat, skinless poultry or fish; 1 egg or 1/4 cup fat-free egg substitute, 1/2 cup cooked dry beans; 2 tablespoon seeds or nuts; 1 tablespoon peanut butter
<b>Milk/Dairy</b>	2-3 Servings: 1 cup milk; 1 cup yogurt; 1 1/2 oz natural cheese; 2 oz processed cheese
<b>Water</b>	8 Servings: 8 ounces/1 cup

**\*SERVING SIZES Based on the USDA Food Pyramid. For weight loss choose low fat, low calorie foods**