Small Steps to Health and Wealth[™] Colorado



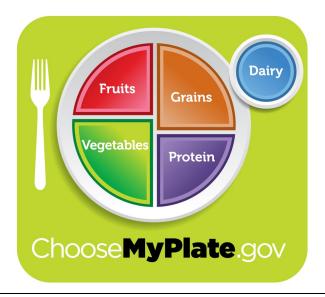
Track Your Current Behavior Food and Activity Log Time Period:

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





Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. CSU Extension programs are available to all without discrimination. No endorsement of products mentioned is intended nor is criticism implied of products not mentioned.

Portions of this session were adapted and excerpted from the following book: O'Neill, B. and Ensle, K. (2006). Small Steps to Health and Wealth. Ithaca, NY: NRAES. Original workshop materials were prepared by Rutgers, The State University of New Jersey, the University of Arizona Cooperative Extension, and the University of Florida Extension. For additional information about purchasing the Small Steps to Health and Wealth book, visit www.nraes.org. The project was supported by the Rural Health and Safety Education Competitive Program of the USDA National Institute of Food and Agriculture (NIFA) grant number 2011-46100-31139. Program Materials - June, 2013.

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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.

Date	Description and Amount of Income	Description and Amount of Expenses
7/1	Paycheck-\$350	Food-\$45; Movie Tickets-\$18
7/2		Allowances-\$20; Child Care-\$50; Gas-\$15



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