

**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.

For more information on diabetes, meal planning, or exercise, contact the American Diabetes Association at **1-800-DIABETES** (342-2383) or visit [www.CheckUpAmerica.org](http://www.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](http://www.ndep.nih.gov) for more information.

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

# My Game Plan: Food & Activity Tracker

Name: \_\_\_\_\_

Date: From \_\_\_\_\_ to \_\_\_\_\_

**MY GOALS THIS WEEK**

For making smart food choices: \_\_\_\_\_  
\_\_\_\_\_

For getting more physical activity: \_\_\_\_\_  
\_\_\_\_\_

**Sample Entry:**

<b>DAY: Monday</b>		<b>DAILY FOOD AND DRINK TRACKER</b>	
<b>TIME</b>		<b>AMOUNT/NAME/DESCRIPTION</b>	
8:00 AM		½ 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. 6/12

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

<b>DAILY PHYSICAL ACTIVITY</b>	
<b>TYPE OF ACTIVITY</b>	<b>MINUTES</b>
<b>TOTAL</b>	

