

# Food Is CAtegorical™ Daily Food Diary

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

Directions: List the foods that you eat each day, pick the food group each food comes from, and set a goal to aim for tomorrow!

Fill in the Foods You Ate and Your Activities	Food and Activity	List Each Food Choice in its Food Group*
Breakfast:	<b>Grains</b> 	
	<b>Vegetables</b> 	
Lunch:	<b>Fruits</b> 	
	<b>Milk</b> 	
Snacks:	<b>Meat and Beans</b> 	
Dinner:	<b>Physical Activity</b> 	
Physical activity:		

Today I did:  Great  So-So  Not So Great

My goals for tomorrow are: \_\_\_\_\_  
 \_\_\_\_\_

\* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.



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