

NEW YORK STATE YMCA DIABETES
PREVENTION PROGRAM (NYS Y-DPP)

Weekly Food & Activity Tracker

Name _____

Date From _____ to _____

My Goals This Week

For cutting fat grams

For cutting calories

For getting more physical activity

My Daily and Weekly Goals

	FAT GRAMS	CALORIES	MINUTES OF ACTIVITY
Daily			
Weekly			

My Daily and Weekly Totals

	FAT GRAMS	CALORIES	MINUTES OF ACTIVITY	WEIGHT
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Totals				

POUNDS LOST

Sample Food and Drink Tracker Entry

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
8:00am	1/2 cup oatmeal	1	73
	1 cup 2% milk	5	121

