5.4 My Nutrition Analysis Tracker

1. Daily Food Log

Time	Food/Drink	Amount	Food Group	How I Felt

Food Group Legend: F=Fruits, V=Vegetables, G=Grains, P=Protein, D=Dairy, O=Other

2. Food Group Analysis

My Food Group Totals:

- Fruits (F): _____ servings
- Vegetables (V): _____ servings
- Grains (G): _____ servings
- Protein (P): _____ servings
- Dairy (D): _____ servings
- Other (O): _____ servings

Daily Targets:

Food Group	Recommended
Fruits	1.5-2 cups

Food Group	Recommended
Vegetables	2-3 cups
Grains	5-7 oz (½+ whole)
Protein	5-6 oz
Dairy	3 cups

Energy Impact:

- Foods that gave me energy: _____
- Foods that made me tired: _____

3. My SMART Nutrition Goal

Specific: _____

Measurable: _____

Achievable: _____

Relevant: _____

Time-bound: _____

Example: "I will add a vegetable to dinner 5 days this week" or "I will replace soda with water at lunch every day"

4. My Action Plan

Step 1 (Tomorrow): _____

Step 2 (In 3 days): _____

Step 3 (In 1 week): _____

Support person: _____ can help by: _____

Tracking method (choose one):

- □ Daily chart/calendar
- □ Phone app/notes
- □ Photo journal
- □ Other: _____

Potential roadblocks:

1. _____ | Solution: _____
2. _____ | Solution: _____