

# What's on Your Plate and How Much Are You Moving?

Use this form to track your food and physical activity habits before you start on the DASH eating plan or to see how you're doing after a few weeks. To record more than 1 day, just copy the form. Total each day's food groups and compare what you ate with the DASH eating plan at your calorie level.

Date:			Number of Servings by DASH Food Group							
Food	Amount (serving size)	Sodium (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Example: whole wheat bread, with soft (tub) margarine	2 slices 2 tsp	299 52	2						2	
<b>Breakfast</b>										
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks</b>										
<b>Day's Totals</b>										
2,000 calorie-level example: Compare yours with the DASH eating plan at your calorie level.		2,300 or 1,500 mg per day	6-8 per day	4-5 per day	4-5 per day	2-3 per day	6 or less per day	4-5 per week	2-3 per day	5 or less per week
Enter your calorie level and servings per day:										
<b>Physical Activity Log</b> Aim for at least 2 hours and 30 minutes of moderate-intensity physical activity per week. When your heart is beating noticeably faster, the activity is probably moderately intense.			30 min 5 min	Moderate walking Cleaning						
Record your minutes per day for each activity:		Time:	Type of activity:							