## Appendix C SCORECARD - Totals for the Day

Name:	Name:				_ Date: Dieting Cycle:					Week#:			
Type of Day: _	Calorie Goal:				Activity Level:								
Food Item	Calories	Carbohydrate	Protein	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Fiber	Sugar	Fruit Serving	Veggie Serving	
Breakfast and Morning Snack													
Lunch and Afternoon Snack													
Dinner and Dessert/Snack													
Totals													
Goals:													
Score:													