Mediterranean Diet Tracking Sheet

Date	Vegetables (servings)	Fruits (servings)	Whole Grains (servings)	Legumes (servings)	Fish/Seafood (servings)	 Dairy (servings)	Olive Oil (tbsp)	Nuts/Seeds (servings)	Red Meat (servings)	Sweets (servings)	Water (cups)	Physical Activity	Note