






Food Log

Write down everything you eat and drink?			What food groups? (put a check in each box that applies):						Total Calories
			Grains 	Vegetables 	Fruits 	Protein 	Water 	Extras	
Mon	<i>Breakfast</i>								
	<i>Lunch</i>								
	<i>Dinner</i>								
	<i>Snacks</i>								
Tues	<i>Breakfast</i>								
	<i>Lunch</i>								
	<i>Dinner</i>								
	<i>Snacks</i>								
Wed	<i>Breakfast</i>								
	<i>Lunch</i>								
	<i>Dinner</i>								
	<i>Snacks</i>								
Thurs	<i>Breakfast</i>								
	<i>Lunch</i>								
	<i>Dinner</i>								
	<i>Snacks</i>								
Fri	<i>Breakfast</i>								
	<i>Lunch</i>								
	<i>Dinner</i>								
	<i>Snacks</i>								
Sat	<i>Breakfast</i>								
	<i>Lunch</i>								
	<i>Dinner</i>								
	<i>Snacks</i>								
Sun	<i>Breakfast</i>								
	<i>Lunch</i>								
	<i>Dinner</i>								
	<i>Snacks</i>								
Now add up the checkmarks in each column and enter the numbers in this row									
How do they compare to your goals?			3-5 checks / day <small>(1/2 should be whole grain)</small>	At least 3 checks / day	At least 2 checks / day	3 - 5 checks / day	Ideal: 1/2 your body weight oz.	If you enter more than 1 check here, you're off track!	Go to calorieking .com
Did you eat too much or too little during a meal or snack today? Try to change the balance on tomorrow's log! <small>(Source: teamnutrition.usda.gov)</small>									