

BREAKFAST DIARY

Name _____ Period ____ Assign # ____ For Week #1
 record breakfast foods you have listed on your HEALTH HABIT DIARY. For the
 next week (Week #2) eat breakfast on a daily basis. Record what you eat in the
 square of the day.

At the end of completing week #2, answer the questions at the bottom of the chart.

WEEK 1 - DATE	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

WEEK 2 - DATE	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

Do you normally eat breakfast?

Describe how you have physically felt during the two weeks time you have been eating breakfast. Is there a difference in how you generally feel when you do not eat breakfast?