**NAME: CLASS PERIOD:**

**FOOD LOG #1**

Keep track of the food you eat over **2 SCHOOL DAYS.** They do not need to be consecutive.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Dinner | ALL SNACKS | PHYSICAL ACTIVITY (activity and # of minutes) |
| Day 1: |  |  |  |  |  |
| Day 2: |  |  |  |  |  |

**NAME: CLASS PERIOD:**

**FOOD LOG #2**

Keep track of the food you eat over **2 WEEKEND/NON-SCHOOL DAYS.** They do not need to be consecutive.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Dinner | ALL SNACKS | PHYSICAL ACTIVITY (activity and # of minutes) |
| Day 1: |  |  |  |  |  |
| Day 2: |  |  |  |  |  |