

Date \_\_\_\_\_

							Food Eaten	Amt	#Choices
Breakfast									
Snack									
Lunch									
Snack									
Dinner									
Snack									
Exercise									
<b>TOTAL</b>	Protein	Starch	Milk	Fruit	Veg	Fat			

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<b>TOTAL</b>	Protein	Starch	Milk	Fruit	Veg	Fat			

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<b>TOTAL</b>	Protein	Starch	Milk	Fruit	Veg	Fat			

# Healthy Eating Record

PERSONAL FOOD JOURNAL



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