

























# Food Log Worksheet

Fill out what you eat for 1 week and see how many healthy foods you eat.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>SUN</b>				
<b>MON</b>				
<b>TUE</b>				
<b>WED</b>				
<b>THU</b>				
<b>FRI</b>				
<b>SAT</b>	