



Daily Food Log

Directions: Log the *food and drinks* you eat each day using the chart below. Simply write in the food item, how much you ate, and then check off what food group it falls into. Also check off if it is a food that is high in added sugar or fat

Day _____

| Meal | Food Item | Approx. Amount Eaten | Protein /Meat | Grain | Fruit | Veg | Dairy /Milk | Contains Added Sugar | High Fat | H 2 O |
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| Break- fast | | | | | | | | | | |
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| Snacks (in between meals) | | | | | | | | | | |
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Notes to myself:



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Notes to myself:

Name: _____

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Notes to myself:

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Diet Analysis

1. Give 3 positive things you saw in your diet and eating habits AND explain why they are good. You can include information about specific foods (i.e. natural vs. processed); habits (eating breakfast, following proper portions, etc); balance, etc.

2. Give 3 weaknesses you see regarding your diet and/or eating habits AND explain why they should be addressed. Predict short term or long term consequences that can happen if you don't consider improving these.

3. Develop one goal to improve your diet and eating habits. Be sure your goal is S.M.A.R.T! (Specific, measureable, attainable, relevant, and timely):

4. How did you feel about logging your food intake? Did you choose differently knowing you would have to log anything? Did it make you feel more accountable for your eating habits?
