

Name:

Dates: _____

Food and Activity Diary – Food Log

Are you on the right track? Use this log to keep a daily record of the foods that you eat. At the end of the week, rate how well you did and think about what you can do better next week.

Food Groups		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Grains Group (Did you eat whole grains?)	□ Yes □ No						
	Milk Group (Check off how many servings each day.)							
	Vegetables Group (Check off how many servings each day.)							
	Fruits Group (Check off how many servings each day.)							
	Meat & Beans Group (Did you choose healthy proteins?)	□ Yes □ No						
How did I do this week?								!

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