Name:______ Food/Activity Log

Record <u>ALL</u> the foods that you eat for one week (7 days). Record what you eat for each meal, don't forget snacks too. Along with recording what you eat, record any physical activity you do each day also. This could be sports activities, recreation, yard work ect..

Day(s) of the week	Breakfast	Lunch	Dinner	Snacks	Physical Activity

Look over the foods you have eaten for the week, analyze, in complete sentences, your eating patterns. Ex. What did you eat too much of? What food group do you need to eat more from? Do you need to eat more or less food in general?

Now take a look at your physical activity for the week, analyze, in complete sentences, your activity level for the week.