

Eating Smart activity log

week

7

Eating on the Run

Record your food intake for 5 days; circle the meals you ate away from home, and place an asterisks next to those that were healthy choices.

Mon	breakfast	
	lunch	
	dinner	
	snacks	
Tues	breakfast	
	lunch	
	dinner	
	snacks	
Wed	breakfast	
	lunch	
	dinner	
	snacks	
Thurs	breakfast	
	lunch	
	dinner	
	snacks	
Fri	breakfast	
	lunch	
	dinner	
	snacks	
Sat	breakfast	
	lunch	
	dinner	
	snacks	
Sun	breakfast	
	lunch	
	dinner	
	snacks	