

Physical Education  
Name:  
  
Date:

# Daily Food Log

List everything you eat & drink for three days. Even if it's just a bite!

Day 1 Date \_\_\_\_\_

| Breakfast | Lunch | Snack | Dinner |
|-----------|-------|-------|--------|
|           |       |       |        |

Day 2 Date \_\_\_\_\_

| Breakfast | Lunch | Snack | Dinner |
|-----------|-------|-------|--------|
|           |       |       |        |

Day 3 Date \_\_\_\_\_

| Breakfast | Lunch | Snack | Dinner |
|-----------|-------|-------|--------|
|           |       |       |        |

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| Physical Education<br>Name:<br><br>Date: |
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Describe the *healthy* eating habits you noticed.

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Describe the *unhealthy* eating habits you noticed.

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How many glasses of water did you drink each day? Was it enough?

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What are some things you can do to improve your healthy eating habits?

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