

Lesson 5: Assignment 1 - Food Journal



In this assignment, you have to keep a food journal for three days. Feel free to continue it longer on your own if you want or think you should. Remember to use the format of the previous food journal examples.

Example format (your food journal may or may not have this exact format)

Day 1: Date _____

Breakfast:

Snack:

Lunch:

Dinner:

Snack:

Comments: