|  |  |  |  |
| --- | --- | --- | --- |
| **Sunday**  **8/18/19** |  |  |  |
| **Monday 8/19/19** |  |  |  |
| **Tuesday 8/20/19** |  |  |  |
| **Wednesday**  **8/21/19** |  |  |  |
| **Thursday**  **8/22/19** |  |  |  |
| **Friday**  **8/23/19** |  |  |  |

** Daily Food Log **

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** For the next six days, from this past Sunday until this Friday, **8/18/19 – 8/23/19**, you will be recording all the food items that you have consumed each day. Please include the food items that you have eaten, the serving size, and the category that the food item would fall into. **You will turn this in Friday 8/18/19**.

**Day Item Serving Size Category**

**Category Legend**: Bread/Cereals – **B**; Fruits – **F**; Vegetables – **V**; Meats - **M**;

Dairy – **D**; Oils/Fats/Sweets - **O**