

Personal 2-Day Nutrition Log

Directions: In the chart below, write the healthy foods you ate over the past two days. Write the unhealthy foods you ate over the past two days.

Healthy Foods	Unhealthy Foods

Personal Weekly Nutrition Log

Directions: In the chart below, write the foods you eat and beverages you drink for one week. Check whether each food is healthy or unhealthy.

Day	Foods and Drinks	Healthy	Unhealthy
Day 1 (yesterday)			
Day 2 (today)			
Day 3			

Personal Weekly Nutrition Log, continued

Day	Foods and Drinks	Healthy	Unhealthy
Day 4			
Day 5			
Day 6			
Day 7			
