

**Personal Weekly Nutrition Log**

Directions: In the chart below, write the foods you eat and beverages you drink for seven days or as long as possible. List each food and beverage under the part of the day you eat or drink it. Bring the chart back to class when you finish it or when your teacher tells you to bring it.

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Day 1</b>			
<b>Day 2</b>			
<b>Day 3</b>			

Personal Weekly Nutrition Log, continued

	Morning	Afternoon	Evening
Day 4			
Day 5			
Day 6			
Day 7			

### Food Group Analysis of Personal Nutrition

*Directions:* Look at your Personal Weekly Nutrition Log. Write the foods and beverages you listed for each day on your Log under the correct food group on the chart below. The chart can help you to identify any healthy changes you would like to make.

	Food Groups					
	Proteins	Dairy	Vegetable	Fruit	Grain	Fats and Sweets
Day 1						
Day 2						
Day 3						

## Graphic Organizer for Self-Help Analysis of Personal Nutrition, continued

	Food Groups					
	Proteins	Dairy	Vegetable	Fruit	Grain	Fats and Sweets
Day 4						
Day 5						
Day 6						
Day 7						

