FIVE DAY EATING LOG

Name: _____ Student Number: _____

Keep track of your eating habits for five days and analyze your diet with Canada Food Guide.					
	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	· ·				
Charle					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water					
Water					