## FIVE DAY EATING LOG

Name: $\qquad$ Student Number: $\qquad$
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 |  |  |  |  |  |
| Snack |  |  |  |  |  |
| Lunch |  |  |  |  |  |
| Snack |  |  |  |  |  |
| Dinner |  |  |  |  |  |
| Snack |  |  |  |  |  |
| Water |  |  |  |  |  |

