



Food Tracking Activity (Optional)

Instead of tracking all your food each day, start by tracking a shorter period of time or something specific, like snacks or fruits and vegetables for the week. Use the questions below to help you decide what to track and how often. It also helps to have a goal for tracking.

You don't need to share this log with your Lifestyle Coach. It's just for you.

What is your tracking goal?

What food or meals do I want to track? (snacks, drinks, desserts, fruits, vegetables, etc.)

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How often do I want to track this food or meal? (one day, weekly, the next four Saturdays, etc.)

How will this food tracking help me? How will it help me change or see my good habits?

Day	Time	Item	Amount (piece, volume, weight)	Calories (optional)



Food Tracking Activity Log