BASIC FOOD RECORD

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name: | |  | | | | | | |
| Date: |  | | | M | T | W | | Th | | F | S | Su |
| Physical Activity Type: | | |  | | | | Duration: | | |  | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Exchange | | | | | |
| Time | Home Away | Amount | Food - How Prepared | Starch | Meat | Vegetable | Fruit | Milk | Fat |
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| Comments Your Totals  Your Target Plan  Difference | | | |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | | | | S | M | V | F | Mi | Fat |