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 TotalsYour Target PlanDifference  |  |  |  |  |  |  |
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|  | S | M | V | F | Mi | Fat |