

Daily Food Tracker

Day 2						
	Food (i.e., banana)	Amount (i.e., cup, Tbs, tsp, ounce)	Food Group (i.e., grains, fruits, veggies)	# of Servings (See Wk 3 for serving sizes)	Calories	Reason for eating (i.e., hungry, bored, stressed)
Breakfast						
Lunch						
Dinner						
Snacks						

Daily Food Tracker

Day 3						
	Food (i.e., banana)	Amount (i.e., cup, Tbs, tsp, ounce)	Food Group (i.e., grains, fruits, veggies)	# of Servings (See Wk 3 for serving sizes)	Calories	Reason for eating (i.e., hungry, bored, stressed)
Breakfast						
Lunch						
Dinner						
Snacks						