

Name: _____

Daily Calorie Intake

Tuesday 3/13/18

Food Item	Amount	Calories

Total Calorie Intake: _____

Does this meet your recommended calorie intake?

What food items were unhealthy food choices that could be changed to make better?

What food choices were healthy and fit into a healthy eating plan?

Name: _____

Daily Calorie Intake

Wednesday 3/14/18

Food Item	Amount	Calories

Total Calorie Intake: _____

Does this meet your recommended calorie intake?

What food items were unhealthy food choices that could be changed to make better?

What food choices were healthy and fit into a healthy eating plan?