**One Day Food/Activity Log**

*In each box, write down the product/food you ate (brand names when possible), and how much you ate. An example has been provided in each box for you. If you do not have 3 snacks throughout the day, then leave those boxes blank. Each box is for each separate item you had during the meal. The more information you provide, the easier it will be to determine the nutritional value.*

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| --- | --- | --- | --- | --- | --- |
| **Breakfast** | **Snack** | **Lunch** | **Snack** | **Dinner** | **Snack** |
| 1 pkg.  Kellogg’s Pop-Tarts | 1 Ritz Crackerfuls | 1c. Spaghetti w/ Ragu Traditional Pasta Sauce |  | Papa John’s The Works Pizza  2 slices |  |
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Pedometer Count: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other Activities (include the time doing each activity): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_