

Name

Class

Date

Lesley's "W8-Matters"

Weekly Food Diary

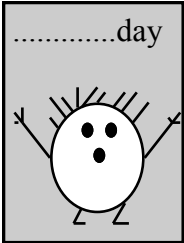
Step 1 - "AAA" Foods (free)

Step 2 (B Section)

Step 3 - (Calories Used)

Guidelines for Healthy Living

.....day



"B" Healthy Choice
1. _____

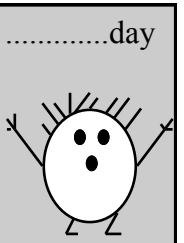
"B" Balanced Choice
1. _____
2. _____

Total _____

Fruits & Vegetables

Water

.....day



"B" Healthy Choice
1. _____

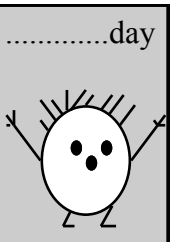
"B" Balanced Choice
1. _____
2. _____

Total _____

Fruits & Vegetables

Water

.....day



"B" Healthy Choice
1. _____

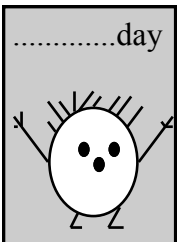
"B" Balanced Choice
1. _____
2. _____

Total _____

Fruits & Vegetables

Water

.....day



"B" Healthy Choice
1. _____

"B" Balanced Choice
1. _____
2. _____

Total _____

Fruits & Vegetables

Water

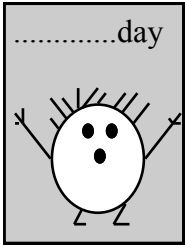
Please be honest and write EVERYTHING you have eaten down

Step 1 - "AAA" Foods (free)

Step 2 (B Section)

Step 3 - (Calories Used)

Guidelines for Healthy Living



"B" Healthy Choice

1. _____

"B" Balanced Choice

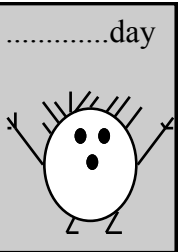
1. _____

2. _____

Total _____

Fruits & Vegetables

Water



"B" Healthy Choice

1. _____

"B" Balanced Choice

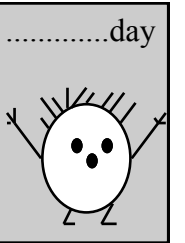
1. _____

2. _____

Total _____

Fruits & Vegetables

Water



"B" Healthy Choice

1. _____

"B" Balanced Choice

1. _____

2. _____

Total _____

Fruits & Vegetables

Water

Reflections on this week:

Questions to ask at my next class: