

# My Food Journey

*For each meal, include what you ate, what you were doing right before you ate and what emotions you were feeling before, during and/or after you ate. For each day, describe any physical you participated in and how long you were active.*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
Daily Activity			
Breakfast			
AM Snack			
Lunch			
PM Snack			
Dinner			
Evening Snack			

# My Food Journey

	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Daily Activity				
Breakfast				
AM Snack				
Lunch				
PM Snack				
Dinner				
Evening Snack				