Name			Log for DAY 1; date	Perio	d Table			
Food Log								
What did I eat?	How much did I eat?	When did I eat?	Where did I eat?	Who was with me?	How did I eat?			
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Name			Log for DAY 2; date	PeriodTable	
What did I eat?	How much did I eat?	When did I eat?	Where did I eat?	Who was with me?	How did I eat?
Breakfast					
Snack					
Lunch					
Snack					
Dinner					