

LUNCH LOG

DATE: _____

BREAKFAST:

HOW WAS IT: ☆☆☆☆☆
HOW DO I FEEL: ☆☆☆☆☆

LUNCH:

HOW WAS IT: ☆☆☆☆☆
HOW DO I FEEL: ☆☆☆☆☆

DINNER:

HOW WAS IT: ☆☆☆☆☆
HOW DO I FEEL: ☆☆☆☆☆

SNACKS:

HOW WAS IT: ☆☆☆☆☆
HOW DO I FEEL: ☆☆☆☆☆

DAILY RECAP

FRUIT & VEGETABLE COLOR BAR

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE
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FOOD GROUPS



IDEAS FOR NEXT TIME

LUNCH LOG

DATE: _____

BREAKFAST:

HOW WAS IT: ☆☆☆☆☆
HOW DO I FEEL: ☆☆☆☆☆

LUNCH:

HOW WAS IT: ☆☆☆☆☆
HOW DO I FEEL: ☆☆☆☆☆

DINNER:

HOW WAS IT: ☆☆☆☆☆
HOW DO I FEEL: ☆☆☆☆☆

SNACKS:

HOW WAS IT: ☆☆☆☆☆
HOW DO I FEEL: ☆☆☆☆☆

DAILY RECAP

FRUIT & VEGETABLE COLOR BAR

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE
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FOOD GROUPS



IDEAS FOR NEXT TIME
