Health Journal

Instructions:

- **This document is view only, so please make a copy for yourself, or you can print it out.**
- For each week, there are 7 days. Each has three sections for breakfast, lunch, dinner, desserts, and snacks. Fill out what you ate for those meals whenever it is convenient for you. It is also recommended that you note things like calorie count.
- The goal for this journal is to promote healthy eating amongst kids.
    - **Note:** I'll need at least three people to use this, and I would like to interview them as well, so if you are willing to interview and talk about what this journal has done for you, please email me.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:
Week 2	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:
Week 3	Breakfast: Lunch:	Breakfast: Lunch:	Breakfast: Lunch:	Breakfast: Lunch:	Breakfast: Lunch:	Breakfast: Lunch:	Breakfast: Lunch:

	Dinner: Dessert: :	Dinner: Dessert: Snacks:	Dinner: Dessert: Snacks:	Dinner: Dessert: Snacks:	Dinner: Dessert: Snacks:	Dinner: Dessert: Snacks:	Dinner: Dessert: Snacks:
Week 4	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks:	Breakfast: Lunch: Dinner: Dessert: Snacks: