

## An Honest Assessment of my Food Choices

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### ON MY HEALTHIEST EATING DAYS, I CONSUME:

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My first meal is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

My first snack is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

My second meal is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

My second snack is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

My third meal is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

Post Dinner Snack is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

### ON MY LEAST HEALTHY EATING DAYS, I CONSUME:

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My first meal is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

My first snack is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

My second meal is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

My second snack is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

My third meal is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_

Post Dinner Snack is at \_\_\_\_\_ a.m./p.m.

It usually consists of \_\_\_\_\_