**Activity 1 Food and Activity Journal**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Breakfast** | **Lunch** | **Dinner** | **Snack** | **Activity** |
| *Monday* |  |  |  |  |  |
| *Tuesday* |  |  |  |  |  |
| *Wednesday* |  |  |  |  |  |
| *Thursday* |  |  |  |  |  |
| *Friday* |  |  |  |  |  |
| *Saturday* |  |  |  |  |  |
| *Sunday* |  |  |  |  |  |