

GET HEALTHY CHALLENGE FOOD LOG

Date:		Date:		Date:		Date:	
Water:		Water:		Water:		Water:	
Exercise:		Exercise:		Exercise:		Exercise:	
Food	Time	Food	Time	Food	Time	Food	Time
Breakfast		Breakfast		Breakfast		Breakfast	
Lunch		Lunch		Lunch		Lunch	
Dinner		Dinner		Dinner		Dinner	
Snacks		Snacks		Snacks		Snacks	

Recommendations

Protein at every meal and snack
 Fruit or vegetable at every meal and snack
 No more than 4 hours without eating
 Less processed, more real food!