Accountability Card: Week 1

Food Diary

In order to become aware of the foods you eat, write them down. This allows you to become aware of your eating habits and make changes.

This allows you to become aware of your eating habits and make changes.			
Day	Breakfast	Lunch	Dinner
Day	(snack if applicable)	(snack if applicable)	(snack if applicable)
AA o so al ass			
Monday			
Tuesday			
Wednesday			
Thursday			
inoisady			
Friday			
Saturday			
Sunday			