

Eat Well

CONNECTICUT

Today's Date: _____

	Quantity	Food Eaten	Calories	Protein (g)	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					

Glasses of water: _____ Exercise: _____

Today's Date: _____

	Quantity	Food Eaten	Calories	Protein (g)	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					

Glasses of water: _____ Exercise: _____