

Name: _____

Food Log Analysis

- 1. Skimming your food log, what are your immediate observations? What do you notice?**
- 2. What day did you eat the healthiest overall? Why do you think that was?**
- 3. What day did you eat the least healthy overall? Why do you think that was?**
- 4. What food came up the most often that you consumed the most of during the week?**
- 5. What beverage came up the most often?**
- 6. How many servings of water did you give yourself each day (1 serving= 12 ounces “a glass”)?**
- 7. Can you connect a pattern with what you ate to your mood or activity level at all? (i.e. I ate the healthiest on the day that I didn't sleep in, and exercised) what pattern did you notice?**
- 8. Would you consider using a food log app like myfitnesspal, caloriecounter, fooducate, or weight watchers? Why or why not?**

