Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Food Diary Analysis**

Examine what you have eaten for the past three days.

List 3 good things that you notice about your diet:

1 –

2 –

3 –

List 3 things that are not good about your diet:

1 –

2 –

3 -

List 3 things you could do to improve your diet:

1 –

2 –

3 –

On average, do you think you get enough exercise? If yes, explain why. If no, explain what you could do to get more.

Overall, my lifestyle is healthy/unhealthy? Circle one.