

Nutrition Journal Check List

Rough Draft Grade: _____

Self-Assessment Grade: _____

Written Assignment Grade: _____

- 5-A-Day**
- Water/Hydration**
- Meal Time Gaps (4-5 hour max)**
- Junk Food (processed, ↑ Calorie & Fat)**
- Portion Sizes**
- Fiber**
- Balance/Variety/Moderation**
- Fad Diet**
- Behavior Change Issues (Reasonable?, etc.)**
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Notes: