

# Track Your Intake



It's good to be Blue.

Keeping track of your intake is one of the best ways to learn more about your eating habits. By recording your intake for a few days, you may be able to target “problem areas” in your diet to make some healthy changes! Use the template below to record your intake for 3-5 days. Review the results once you are finished and see what you learn!

Meals	Breakfast	Snack	Lunch	Snack	Dinner	Snack
	Time:	Time:	Time:	Time:	Time:	Time:
	Place:	Place:	Place:	Place:	Place:	Place:
Food, Drinks and Amount						