

Healthy Living Worksheet

<u>Day:</u>	<u>Time to eat:</u>	<u>Meal selected</u>	<u>Fiber</u>	<u>Calories</u>
Monday:	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
			Totals: _____	_____
Tuesday:	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
			Totals: _____	_____
Wednesday:	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
			Totals: _____	_____

Day: Time to eat: Meal selected Fiber Calories

Thursday: _____

Totals: _____

Friday: _____

Totals: _____

Saturday: _____

Totals: _____

Sunday : _____

Totals: _____