**FOUR – Day Nutrition Log Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Due Monday, May 14th, 2018

**Questions for Nutritionist --**

List EVERYTHING that you eat and drink RECORD ingredients (read labels or google), list nutrients,

|  |  |
| --- | --- |
| DAY 1 |  |
| DAY 2 |  |
| DAY 3 |  |
| DAY 4 |  |

**Reflection:**

1. Are your parents or other adults in your life in charge of what you eat or how much you eat? Do they affect how much you exercise? What do your parents/adults do that is a positive influence? What do they do that is a negative influence?
2. How healthy is your lifestyle? What changes could you make to improve your eating habits, TV/video game habits and physical activity? What prevents you from making the changes/improvements that you want? What can you do to stick to your goals when it gets tough?