




# ONE POTATO TWO TOMATO LLC.

## STUDENT FOOD & ACTIVITY JOURNAL TO BE COMPLETED EACH WEEK

WEEK DAY	Write down everything you eat, drink & do for breakfast, lunch, dinner, sweets, snacks, drinks, all amounts, time of day, physical activities, sports, exercise, etc...	
S A M P L E	Breakfast	7:30am: 2 Eggo whole wheat waffles, 8oz fat-free milk, 1 fresh apple
	Lunch	school-12:00pm: 1 slice of Ellio's frozen cheese pizza, mixed green salad with 2 tbsps of Lite Italian dressing, 1 orange, 8oz glass of lime flavored seltzer
	Snack	3:30pm: 1 snack size bag of Rold Gold pretzels, 8oz lowfat fruit yogurt
	Dinner	6:00pm: 1 (3oz) baked & breaded chicken cutlet with oil, 1 baked potato with 1 tspn butter & a little salt, 1 cup steamed broccoli & baby carrots, 10 fresh grapes, 4oz apple juice mixed with 4oz water, 1- 40 calorie fudge ice pop
	Exercise	20 push-ups, 20 sit-ups, played 1 hour of Basketball after school
S U N D A Y  	Breakfast	
	Lunch	
	Snack	
	Dinner	
	Exercise	
M O N D A Y  	Breakfast	
	Lunch	
	Snack	
	Dinner	
	Exercise	
T U E S D A Y  	Breakfast	
	Lunch	
	Snack	
	Dinner	
	Exercise	

W E D N E S D A Y	Breakfast	
	Lunch	
	Snack	
	Dinner	
	Exercise	
T H U R S D A Y  	Breakfast	
	Lunch	
	Snack	
	Dinner	
	Exercise	
F R I D A Y  	Breakfast	
	Lunch	
	Snack	
	Dinner	
	Exercise	
S A T U R D A Y  	Breakfast	
	Lunch	
	Snack	
	Dinner	
	Exercise	