

## Exploring Habits - What I Did Yesterday

	1	2	3	4	5
	Food	Food Group	Number of Servings	Food Pyramid Guideline	Physical Activity (duration & type)
<b>Breakfast</b>					
<b>Mid-morning</b>					
<b>Lunch</b>					
<b>Mid-afternoon</b>					
<b>Dinner</b>					
<b>Bedtime</b>					
<b>Other snacks and drinks</b>					

