

go, slow & whoa

MY FOOD TRACKER

Use this log to write down what you eat and drink for five days.
It's ok if you can't remember everything, just do your best.

Remember, a healthy diet has a lot of different Go foods, some Slow foods, and just a few Whoa foods. At the end of the week, add up the number of foods in each column.

DAY	go	slow	whoa
1			
2			
3			
4			
5			
TOTAL			