



Biggest Loser Task Log - Nutrition



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ate healthy breakfast							
Ate mid-morning snack							
Ate mid-afternoon snack							
Drank 8 glasses of water/day							
Ate 5-7 servings of fruit/veg/day							
Ate 5 servings of whole grains/day							
Ate fish 3 times this week							
Packed my food the night before							
Ate protein with every meal							
Stuck to my eating schedule [every 3 hours]							