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| **logoicesi** | **SCHOOL OF EDUCATION SCIENCES**  **FOREIGN LANGUAGE DEPARTMENT**  **ENGLISH – LEVEL 7 SUMMER**  **MODULE 3 (2022-1)** |
| **STUDENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **PROF. ROBINSON FERNANDEZ** |

**DAILY INTAKE JOURNAL**

Please record all the things you eat during specific times of you day. Simply write what you eat. You do NOT have to write how what you eat is prepared. If there is an instance where you do not eat one of these meals or snacks, write NOTHING.

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| **OCT 20TH** |  | |
| BREAKFAST: |  | |
| SNACK: |  | |
| LUNCH: |  | |
| SNACK: |  | |
| DINNER: |  | |
| SNACK: |  | |
| REFLECTION: |  | |
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| **OCT 21ST** |  | |
| BREAKFAST: |  | |
| SNACK: |  | |
| LUNCH: |  | |
| SNACK: |  | |
| DINNER: |  | |
| SNACK: |  | |
| REFLECTION: |  | |
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| **OCT 22ND** | |  |
| BREAKFAST: | |  |
| SNACK: | |  |
| LUNCH: | |  |
| SNACK: | |  |
| DINNER: | |  |
| SNACK: | |  |
| REFLECTION: | |  |
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| **OCT 23RD** | |  |
| BREAKFAST: | |  |
| SNACK: | |  |
| LUNCH: | |  |
| SNACK: | |  |
| DINNER: | |  |
| SNACK: | |  |
| REFLECTION: | |  |
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| **OCT 24TH** | |  |
| BREAKFAST: | |  |
| SNACK: | |  |
| LUNCH: | |  |
| SNACK: | |  |
| DINNER: | |  |
| SNACK: | |  |
| REFLECTION: | |  |
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| **OCT 25TH** | |  |
| BREAKFAST: | |  |
| SNACK: | |  |
| LUNCH: | |  |
| SNACK: | |  |
| DINNER: | |  |
| SNACK: | |  |
| REFLECTION: | |  |
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