

1 Week Food Tracker Challenge

Week of Feb. 21st – Feb 27th



Track what you eat and drink for 1 week. Submit your food log to your location's CA or HR ([Katie Garippa](#)) by Wednesday, March 2nd for your chance to win a \$100 gift card to Le Gourmet Chef and a healthy eating food basket including a Breville Digital Food Steamer, FitBook, affordable healthy food shopping guide, and more!

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Sun						

Why a food log?

You need to know where you are starting from to know where you are going.

A food diary is a very effective tool because you can use it to help you determine if your current eating habits are healthy. A food diary will help you understand where your diet goes wrong and can reveal your calorie intake, so you know if you are getting too many or too few calories.

It can also help you know if you are getting enough fruits, vegetables, whole grains and healthy proteins each day and help you keep your carb-fat-protein ratios in healthy proportions.

Try not to change anything when doing this mini-challenge. Log your food as you would normally eat it, at least for this week. If you try to be "good" just because you are writing it down, it will not be an accurate measure of your current diet.

Once you know where you stand, you can evaluate your eating habits and troubleshoot any problem areas. It is a good idea to keep this log going after this week and *let the pressure to be "good" influence your food choices*. The feeling of accountability (having to write it down) will compel you to try a bit harder to eat healthy. You will make better choices and perhaps not eat that second or third serving because you must then face it when you write it down!

Be sure to keep track of the serving size you ate and, if possible, the calories of the food. This will allow to a more accurate analysis of your diet. Also, you do not have to eat 6 meals a day, as the food log implies. The extra meals are there for those who like to snack between meals or who eat 5-6 small meals spread throughout the day

If you would like further assistance, you may make an appointment to see the Wellness Intern, Bianca Camacho, and she will help you troubleshoot your diet.