

**RECORD: Meal-to-Meal Criteria and Actual Consumption**

**DAY #:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

<b><u>CRITERIA</u></b>	<b><u>ACTUAL CONSUMPTION</u></b>	<b><u>GOAL MET?</u></b>
<b><u>Morning:</u></b>		Yes No
<b><u>Noon:</u></b>		Yes No
<b><u>Evening:</u></b>		Yes No