

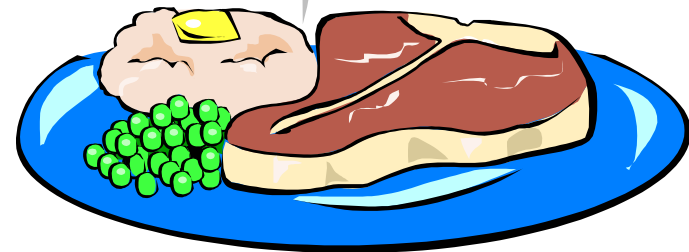
Evaluation

Is my diet healthy or unhealthy?

How could I improve my diet?

Was there anything I found surprising about my diet?

My Food Diary



Saturday

Breakfast

Lunch

Dinner

Other Food

Thursday

Breakfast

Lunch

Dinner

Other Food

Wednesday

Breakfast

Lunch

Dinner

Other Food

Sunday

Breakfast

Lunch

Dinner

Other Food

Monday

Breakfast

Lunch

Dinner

Other Food

Tuesday

Breakfast

Lunch

Dinner

Other Food