Real Food Tracker

Track everything that you eat or drink in a day. List it all! Your goal is to try to only eat real food for one day.

For each time period, record what you eat or drink and give yourself a rating out of 10.

**1** - not real food at all (say a can of pop)

**10** - completely real food (an apple, carrots, raw meat from the grocery store that was cooked at home etc..)

At the end of the day write 1 -2 paragraphs reflecting on your experience.

Was it easy? Difficult? Were parts of the day more challenging? Did you have to change your eating habits at all? How did you feel?

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| Date: | | |
| Time  (Approximately) | Foods Eaten  (List everything!) | Real Food Rating  (1-10) |
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**Reflection**: 1 -2 paragraphs about your day of trying to eat only real food