



CARBOHYDRATE CONSUMPTION LOG

Keep track of when you eat carbohydrate foods throughout the day, for one week. Have your parents and/or other household members also keep track of when they eat carbohydrate foods each day as well. Notice that there are 3 columns available for each day of the week. Record your information in column #1 and have your parents record their information in columns #2 & #3.

	SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
6:00 a.m.																						
7:00 a.m.																						
8:00 a.m.																						
9:00 a.m.																						
10:00 a.m.																						
11:00 a.m.																						
NOON																						
1:00 p.m.																						
2:00 p.m.																						
3:00 p.m.																						
4:00 p.m.																						
5:00 p.m.																						
6:00 p.m.																						
7:00 p.m.																						
8:00 p.m.																						
9:00 p.m.																						
TOTAL																						

