

OPERATION TONE UP

PROTEIN & FAT CONSUMPTION LOG

Keep track of when you eat protein and fat foods throughout the day, for one week. Have your parents and/or other household members also keep track of when they eat protein and fat 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																					

Fat can be used as a source of energy!

Protein helps to build muscle!

