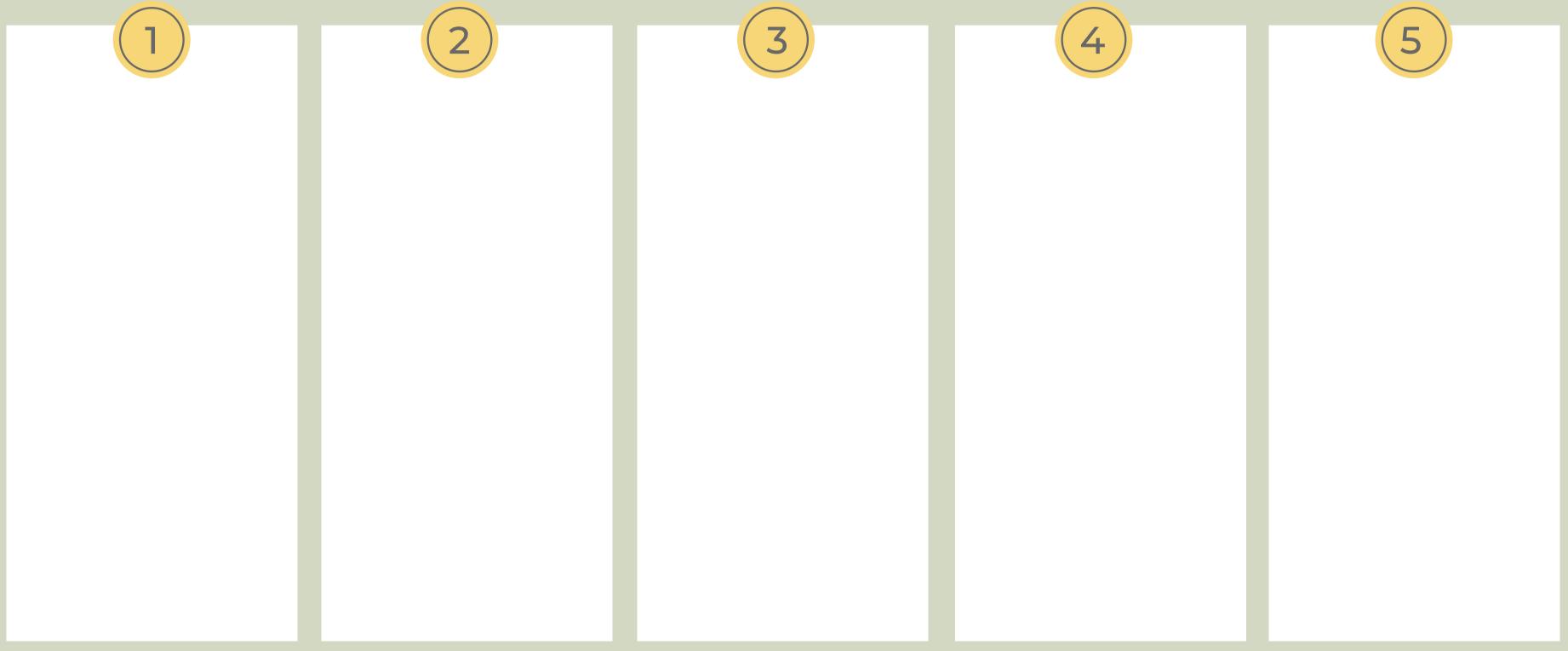


In the space provided, please record, for 5 days, what you eat in a day. Once complete, use a highlighter to notate any animal foods consumed. This will help you begin to understand your intake and create your personalized mapping for change.





In the space provided, record how many times you intake each food daily.

		(2)		(3)		4		
MILK	00000	MILK	00000	MILK	00000	MILK	00000	
CHEESE	00000	CHEESE	00000	CHEESE	00000	CHEESE	00000	
OTHER DAIRY	00000	OTHER DAIRY	00000	OTHER DAIRY	00000	OTHER DAIRY	00000	
EGGS	00000	EGGS	00000	EGGS	$\bigcirc \bigcirc $	EGGS	00000	
FISH	00000	FISH	00000	FISH	$\bigcirc \bigcirc $	FISH	00000	
POULTRY	00000	POULTRY	00000	POULTRY	$\bigcirc \bigcirc $	POULTRY	00000	
MEAT	00000	MEAT	00000	MEAT	00000	MEAT	00000	

Each circle represents 1 time/serving

Each circle represents 1 time/serving

Each circle represents 1 time/serving

MILK	00000
CHEESE	00000
OTHER DAIRY	00000
EGGS	00000
FISH	00000
POULTRY	00000
MEAT	00000

5