



CONSCIOUS CONSUMPTION EXERCISE

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.

1

2

3

4

5



MEAL MAP EXERCISE

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

1

MILK ○ ○ ○ ○ ○

CHEESE ○ ○ ○ ○ ○

OTHER DAIRY ○ ○ ○ ○ ○

EGGS ○ ○ ○ ○ ○

FISH ○ ○ ○ ○ ○

POULTRY ○ ○ ○ ○ ○

MEAT ○ ○ ○ ○ ○

Each circle represents 1 time/serving

2

MILK ○ ○ ○ ○ ○

CHEESE ○ ○ ○ ○ ○

OTHER DAIRY ○ ○ ○ ○ ○

EGGS ○ ○ ○ ○ ○

FISH ○ ○ ○ ○ ○

POULTRY ○ ○ ○ ○ ○

MEAT ○ ○ ○ ○ ○

Each circle represents 1 time/serving

3

MILK ○ ○ ○ ○ ○

CHEESE ○ ○ ○ ○ ○

OTHER DAIRY ○ ○ ○ ○ ○

EGGS ○ ○ ○ ○ ○

FISH ○ ○ ○ ○ ○

POULTRY ○ ○ ○ ○ ○

MEAT ○ ○ ○ ○ ○

Each circle represents 1 time/serving

4

MILK ○ ○ ○ ○ ○

CHEESE ○ ○ ○ ○ ○

OTHER DAIRY ○ ○ ○ ○ ○

EGGS ○ ○ ○ ○ ○

FISH ○ ○ ○ ○ ○

POULTRY ○ ○ ○ ○ ○

MEAT ○ ○ ○ ○ ○

Each circle represents 1 time/serving

5

MILK ○ ○ ○ ○ ○

CHEESE ○ ○ ○ ○ ○

OTHER DAIRY ○ ○ ○ ○ ○

EGGS ○ ○ ○ ○ ○

FISH ○ ○ ○ ○ ○

POULTRY ○ ○ ○ ○ ○

MEAT ○ ○ ○ ○ ○

Each circle represents 1 time/serving