



Food Journal Checklist

May 1st—May 27th | 4 Weeks = 1 Point

The idea that eating more frequent, smaller meals increases metabolic rate is a persistent myth. It is true that digesting a meal raises metabolism slightly and this phenomenon is known as the thermic effect of food.

... Eating 3 meals of 800 calories will cause the same thermic effect as eating 6 meals of 400 calories.

Check off each box when you have eaten breakfast, lunch, etc....

Please write down how many cups or water bottles you had in each day.

(Drop off at HR Office / fax to 435-734-2038 or email to

MHernandez@boxeldercounty.org).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date		5/01/2018	5/02/2018	5/03/2018	5/04/2018	5/05/2018	5/06/2018
Breakfast							
Lunch							
Dinner							
Water							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	5/07/2018	5/08/2018	5/09/2018	5/10/2018	5/11/2018	5/12/2018	5/13/2018
Breakfast							
Lunch							
Dinner							
Water							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	5/14/2018	5/15/2018	5/16/2018	5/17/2018	5/18/2018	5/19/2018	5/20/2018
Breakfast							
Lunch							
Dinner							
Water							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	5/21/2018	5/22/2018	5/23/2018	5/24/2018	5/25/2018	5/26/2018	5/27/2018
Breakfast							
Lunch							
Dinner							
Water							



I've completed the challenge!

(Print Name)