

WEBELOS Fitness #3 - Record what you ate for for a week. Decide if you ate foods that are good for you

| Meal | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Category |
|-----------|-------|-------|-------|-------|-------|-------|-------|--|
| Breakfast | | | | | | | | <input type="checkbox"/> Breads <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Dairy <input type="checkbox"/> Meats <input type="checkbox"/> Fats |
| Lunch | | | | | | | | <input type="checkbox"/> Breads <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Dairy <input type="checkbox"/> Meats <input type="checkbox"/> Fats |
| Snack | | | | | | | | <input type="checkbox"/> Breads <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Dairy <input type="checkbox"/> Meats <input type="checkbox"/> Fats |
| Dinner | | | | | | | | <input type="checkbox"/> Breads <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Dairy <input type="checkbox"/> Meats <input type="checkbox"/> Fats |
| Snack | | | | | | | | <input type="checkbox"/> Breads <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Dairy <input type="checkbox"/> Meats <input type="checkbox"/> Fats |
| Other | | | | | | | | <input type="checkbox"/> Breads <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Dairy <input type="checkbox"/> Meats <input type="checkbox"/> Fats |

