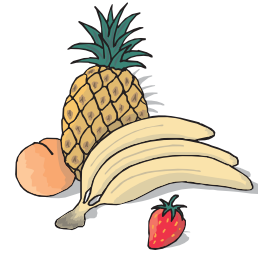


Snack Attack Log



Name: _____

For one week, record each snack you eat between meals. Mark if it was healthy or unhealthy. Return this log with your own and your parent's or guardian's signatures by _____ (date).

Day	Snack	Healthy	Unhealthy
Sample day	Apple	X	
	Potato chips		X
	Carrot sticks	X	
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

Snack Attack Log *(continued)*

Day	Snack	Healthy	Unhealthy
Day 6			
Day 7			

Child _____ Date _____

Parent/Guardian _____ Date _____