Food Log Review Assignment: Phase I Training

Name: ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Business Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| What did you notice about the two days of meals logged? |
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| What are some things the client did RIGHT? |
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| What are some things the client could approve upon? |
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| Where all the meals balanced? Include protein, carb and fat. Lunch and dinner included a veggie. What suggestions could you give to make it more balanced? |
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