



ROUND = HEALTHY



ROUND FOOD INTAKE FORM

Date	Name	Jean Size or Fit				

Breakfast	Amount	Super	Sliced	Animal	Other	Calories
Snack	Amount	Super	Sliced	Animal	Other	Calories
Lunch	Amount	Super	Sliced	Animal	Other	Calories
Snack	Amount	Super	Sliced	Animal	Other	Calories
Dinner	Amount	Super	Sliced	Animal	Other	Calories
Dessert	Amount	Super	Sliced	Animal	Other	Calories
Totals						
Round food eaten most of the time			UnRound food eaten			
Roundercises (Hours/Minutes spent)		Sweaty	Shaping	Stretching		
How you feel at the end of the day						

