



YOU ARE WHAT YOU EAT

List what you eat for one week. Include protein, starch, vegetables, fruits, water, etc. After one week, decide what how you could eat better (talk to your parent/guardian).

DENTON MARTIAL ARTS CENTER

	SUN	MON	TUES
VEGETABLES			
FRUIT			
PROTEIN			
STARCH/CARBS			
SNACKS			
WATER			
OTHER FLUIDS (JUICE/SODA)			

	WEDS	THURS	FRI	SAT
VEGETABLES				
FRUIT				
PROTEIN				
STARCH/CARBS				
SNACKS				
WATER				
OTHER FLUIDS (JUICE/SODA)				

STUDENT SIGNATURE: _____

PARENT SIGNATURE: _____

DATE: _____

SENSEI SIGNATURE: _____

STRIPE ASSIGNED: Y/N