the food project

share the food

DATE:____ TIME:____ AM PM MEAL: Bfast Lunch Din Other ____

Location:_____

Description:_____

Calories:_____ Cost:_____

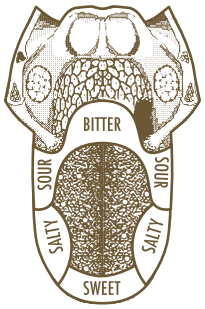
Food rating: excellent 10 9 8 7 6 5 4 3 2 1 inferior

Meal companion/s:_____

Conversation:_____

Meal rating: excellent 10 9 8 7 6 5 4 3 2 1 inferior

Comments: _____



MEAL TRACKING # ☐☐☐☐☐☐☐