***Print out your MyFitnessPal food intake summary and staple to the back of this sheet.***

1. According to MyFitnessPal, how many calories a day should you consume?
2. On average you should not have more than 30grams of sugar a day, how many days in the time you were tracking your food intake did you go over you allocated sugar intake?
3. How many days did you go over the allocated amount of calories you should consume?
4. What food items did you get the most protein from? List 3
5. What snacks or food items were less than 200 calories?
6. What changes would you like to make to your diet based on the results of your Food Groups & Calories Report?
7. List 3 food items you feel you should remove out of your diet now that you see their nutritional value. List 3 food items you could replace them with.