

# Meal Consistency Worksheet

.....  
 NAME \_\_\_\_\_

.....  
 DATE \_\_\_\_\_

## How to use this worksheet

- Each time you eat a meal that is consistent with the eating structure, put a ✓ in the box.
- Each time a meal that is not compliant, put an X in the box.
- Leave the box blank if you did not eat that meal for the day.
- At the end of the week, total up all of your X's and divide by the number of meals to get a consistency percentage.

## My Consistency Checklist

	Breakfast	Lunch	Dinner	Snack 1	Snack 2	Snack 3	Daily Total	Number of Adherent Meals
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

TOTAL MEAL EATEN THIS WEEK \_\_\_\_\_

TOTAL ADHERENT MEALS \_\_\_\_\_

CONSISTENCY PERCENTAGE \_\_\_\_\_

