**REFLECTION: Food and Activity Log**

1. What were 3 things that you were surprised by when you had to journal your food intake for 3 days?

2. What were 2 things you were surprised by when you had to log your activity for 3 full days?

3. Why do you think it is important to your health to log your food and activity every once in a while?

4. Using the Calories Burned website

http://nutritiondata.self.com/tools/calories-burned

Enter your activity log into the spaces...copy and paste your info. onto this reflection.

5. Now, work with a partner and evaluate their log.

What are 2 positive feedback comments that you can give your partner and 2 constructive criticism comments?