

Meal Consistency Worksheet

NAME

DATE

How to use this worksheet

- Each time you eat a meal that's consistent with the habits you're working on, put an X in the box.
- Each time you eat a meal that's NOT consistent, put an O in the box. (Leave a cell blank if you didn't have that many meals.)
- At the end of the week, total up all your Xs and divide by the number of meals to get a consistency percentage.

My consistency checklist

What counts as an "adherent meal" for you? What are you working on?

Practice 1

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Practice 2

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Practice 3

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Practice 4

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Practice 5

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	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7	DAILY Total	NUMBER OF ADHERENT MEALS
<i>Sample Day</i>	X	0	X	X	0			5	3/5
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

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TOTAL MEALS EATEN THIS WEEK

.....
TOTAL ADHERENT MEALS

.....
CONSISTENCY PERCENTAGE