

Yellow and Orange Snacker Tracker

Use this page to track and rate the snacks you try this week. Think about incorporating a different yellow or orange fruit or vegetable into your snacks each day.

You get to rate two things about your snack -- how it tasted, and how filling it was. The better it tastes and the longer it keeps you full, the more points it earns on the scale from 1 to 10.

Snack #1

Description:

Taste: _____

Fullness: _____

Snack #2 Description: _____

Taste: _____

Fullness: _____

Snack #3 Description: _____

Taste: _____ Fullness: _____

Snack #4 Description: _____

Taste: _____ Fullness: _____

Snack #5 Description:

Taste: _____

Fullness: _____

Snack #6

Description: _____

Taste: _____ Fullness: _____

Snack #7 Description: _____

Taste: _____ Fullness: _____

