

# 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?

Habit 1

.....

Habit 2

.....

Habit 3

.....

Habit 4

.....

Habit 5

.....

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

TOTAL MEALS EATEN THIS WEEK ..... TOTAL ADHERENT MEALS ..... CONSISTENCY PERCENTAGE .....

