**Food and physical activity record**

Dietetics counselling office NutriMUNI

**Name:**

**Sample**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Time | Location | Food | Quantity |
| 1. 9. 2021 | 07:30 | At home | bread Šumava | 2 slices |
|  |  |  | butter | 10 g |
|  |  |  | Ham of the highest quality | 3 slices |
|  |  |  | Red pepper | 50 g |
|  | 09:45 | At school | bread | 1 piece |
|  |  |  | Rama margarine | 10 g |
|  |  |  | Gouda cheese 45 % | 2 slices |
|  |  |  | lettuce | 30 g |

**Food record**

If there is a shortfall, add the necessary rows to the table.

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| --- | --- | --- | --- | --- |
| Date | Time | Location | Food | Quantity |
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**Physical aktivity record**

If there is a shortfall, add the necessary rows to the table.

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| --- | --- | --- | --- |
| Date | Time | Activity | Duration |
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