

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

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Habit 4

.....

Habit 5

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	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	3/5
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

TOTAL MEALS EATEN THIS WEEK

TOTAL ADHERENT MEALS

CONSISTENCY PERCENTAGE