

ES-14: 7-Day Food Log

Instructions:

- 1) Complete this log for 7 continuous days
- 2) Upload it into the Changemaker Hub as required documentation when you submit this "Impact" (action)

Date and meal of the day	Unique photo of yourself with your meal alternative(s)	Animal Products Eliminated	Alternatives/Actions Taken AND challenges encountered How do you feel after each meal?
<i>Example: October 15th – Meal 1/lunch</i>		<i>Chicken</i>	<i>I got rice and beans from the Food Pantry on campus to make my meal at home to save money. Making rice is difficult for me because I always overcook it, but this meal helped maintain my energy level throughout the day.</i>
[Insert Date]			
[Insert Date]			
[Insert Date]			
[Insert Date]			
[Insert Date]			
[Insert Date]			
[Insert Date]			

Instructions/Reflections:

- Unique photos of you with your meat product alternatives
- Note any challenges faced during the week.
- Reflect on the overall impact and any changes in habits or awareness.
- Consider future strategies for further reducing your consumption of animal products
- Upload this form into the Hub when you submit this for your points