Webelos Cast Iron Chef Nutritional Goals & Food Journal

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |

My Personal Nutritional Goals:

1. \_ \_

2.

3.

|  |  |  |
| --- | --- | --- |
| Name: | | |
| Goal 1 Met: | Yes | No |
| Goal 2 Met: | Yes | No |
| Goal 3 Met: | Yes | No |
|  |  | CubScoutIdeas.com |