



21-Day Challenge Snacking Log

The challenge evaluates snacking habits before, during and after the 21-Day Challenge. We are looking at frequency of snacks that include chips, cookies, candy, cake, soda, energy drinks, fruits & veggies. Parents, please help your child keep a log of their snacks both during and after the challenge. You will refer to the log to answer questions on the post-survey.

1. Each day for 21 straight days, create and eat a snack with a fruit or veggie. Use your recipe book or the "Healthy Snack Finder" tool at www.kids-teaching-kids.com to choose from hundreds of fun to make, fun to eat snacks.

2. Track snacks during and after the challenge, using the log tables on page 46. Be sure to record your Secret Code.

Note: You will use the information in the logs when taking the post-survey.

3. Complete Survey. Two weeks after completing the challenge we will send an email to the same address used to register. It will have a link for a parent/guardian to go online with their child, enter the secret code and answer a few questions.

Note: Please refer to the Snacking Logs when taking the survey.



NAME: _____ YOUR SECRET CODE: _____

	Description of Snack <i>(example: Alien Pizza or Mini Mice)</i>		Description of Snack <i>(example: Alien Pizza or Mini Mice)</i>
Day 1		Day 12	
Day 2		Day 13	
Day 3		Day 14	
Day 4		Day 15	
Day 5		Day 16	
Day 6		Day 17	
Day 7		Day 18	
Day 8		Day 19	
Day 9		Day 20	
Day 10		Day 21	
Day 11			

Post-Challenge Snacking Log

	Description of Snack <i>(example: Alien Pizza or Mini Mice)</i>		Description of Snack <i>(example: Alien Pizza or Mini Mice)</i>
Day 1		Day 12	
Day 2		Day 13	
Day 3		Day 14	
Day 4		Day 15	
Day 5		Day 16	
Day 6		Day 17	
Day 7		Day 18	
Day 8		Day 19	
Day 9		Day 20	
Day 10		Day 21	
Day 11			