

Daily Personal Consumption and Use Log

For the next week, please keep a detailed daily log of the following: a) what you eat (and, if possible, how much), b) what you wear each day (please note any repeated garments), and c) any tools that you use. For the purposes of this activity, a “tool” is anything you use in completion of your day to day responsibilities and obligations. Attach additional pages if needed.

Day	Foods Eaten	Clothes Worn	Tools Used
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			