



## Food Stamp Challenge: Notes

On day 1 I ate \_\_\_\_\_ for breakfast, \_\_\_\_\_  
for lunch, and \_\_\_\_\_ for dinner, at the cost of \$\_\_\_\_\_,  
and I felt (healthy, tired, hungry, etc) \_\_\_\_\_.

On day 2 I ate \_\_\_\_\_ for breakfast, \_\_\_\_\_  
for lunch, and \_\_\_\_\_ for dinner, at the cost of \$\_\_\_\_\_,  
and I felt (healthy, tired, hungry, etc) \_\_\_\_\_.

On day 3 I ate \_\_\_\_\_ for breakfast, \_\_\_\_\_  
for lunch, and \_\_\_\_\_ for dinner, at the cost of \$\_\_\_\_\_,  
and I felt (healthy, tired, hungry, etc) \_\_\_\_\_.

On day 4 I ate \_\_\_\_\_ for breakfast, \_\_\_\_\_  
for lunch, and \_\_\_\_\_ for dinner, at the cost of \$\_\_\_\_\_,  
and I felt (healthy, tired, hungry, etc) \_\_\_\_\_.

On day 5 I ate \_\_\_\_\_ for breakfast, \_\_\_\_\_  
for lunch, and \_\_\_\_\_ for dinner, at the cost of \$\_\_\_\_\_,  
and I felt (healthy, tired, hungry, etc) \_\_\_\_\_.

On day 6 I ate \_\_\_\_\_ for breakfast, \_\_\_\_\_  
for lunch, and \_\_\_\_\_ for dinner, at the cost of \$\_\_\_\_\_,  
and I felt (healthy, tired, hungry, etc) \_\_\_\_\_.

On day 7 I ate \_\_\_\_\_ for breakfast, \_\_\_\_\_  
for lunch, and \_\_\_\_\_ for dinner, at the cost of \$\_\_\_\_\_,  
and I felt (healthy, tired, hungry, etc) \_\_\_\_\_.

During the week I found my diet was (the same, worse, hard, easy, etc) \_\_\_\_\_.

During the week I really missed \_\_\_\_\_ from my diet.

During the week I felt mostly (healthy, tired, hungry, etc) \_\_\_\_\_.

This challenge was (hard, easy, meaningful, etc) \_\_\_\_\_.

The hardest part of this challenge was \_\_\_\_\_.