

Web Resource 6.2

Nutrition Evaluation Form

Directions: Use this form daily to determine if a correlation exists between diet and behavior.

Date and time behavior occurred	Behavior	Food consumed at meal or snack

1 From B.W. Lavay, R. French, and H.L. Henderson. 2016, *Positive behavior management in physical activity settings web resource*, 3rd ed. (Champaign, IL: Human Kinetics).