

Resources: Module 1

MealSense Observation Log: Day 1

| Meal: WHAT Food and Drink | WHERE was my child eating | WHO was eating with my child | WHAT behaviors do you observe during the mealtime experience? |
|--|--|---|--|
| Breakfast | | | |
| Lunch | | | |
| Dinner | | | |
| Snack | | | |

MealSense Observation Log: Day 2

| Meal: WHAT Food and Drink | WHERE was my child eating | WHO was eating with my child | WHAT behaviors do you observe during the mealtime experience? |
|--|--|---|--|
| Breakfast | | | |
| Lunch | | | |
| Dinner | | | |
| Snack | | | |

MealSense Observation Log: Day 3

| Meal: WHAT Food and Drink | WHERE was my child eating | WHO was eating with my child | WHAT behaviors do you observe during the mealtime experience? |
|--|--|---|--|
| Breakfast | | | |
| Lunch | | | |
| Dinner | | | |
| Snack | | | |