

## Choosing Foods

Foods I Choose to Eat	Why I Choose to Eat These Foods



## My Plan for Choosing Healthier Foods

What do I want to change about how I choose foods? \_\_\_\_\_

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What will I have to do differently to make this change? \_\_\_\_\_

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How will this change make me feel or benefit my health? \_\_\_\_\_

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How will I reward myself for making this change? \_\_\_\_\_

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