

Making Eating Healthy a Part of Your Every Day Life Worksheet

Set Your Intentions: Ex. what constitutes a healthy diet to you? What do you want to accomplish each day regarding your diet?

What will you change about your current life to eat healthier?

What are some foods you eat now that you can substitute?

Food: _____	Substitute: _____
Food: _____	Substitute: _____
Food: _____	Substitute: _____
Food: _____	Substitute: _____
Food: _____	Substitute: _____
Food: _____	Substitute: _____
Food: _____	Substitute: _____
Food: _____	Substitute: _____

What road blocks can you identify that you can plan around?

How will you change your snacking behavior?

What is one food you don't want to give up? How can you make it fit into your life?

Facebook (or other) Groups you plan join to help find support.

Cookbooks or websites you think will help you with my choice of lifestyle.

How do you plan to incentivize yourself to stick to your new healthy eating plan?

How will you control your portion size?

What will be the positive results of my efforts?

When reading labels, these are the top things I need to watch for:

I tend to snack during (time of day, high stress times, etc.) This is how I plan to combat it (or healthy options I plan to keep on hand).

ADDITIONAL THOUGHTS
