

Chapter 5

Worksheet for the chapter on Food.

Write down the number of servings of fruits and veggies you eat each day.

Track the number of 8 oz (1 cup) glasses of water you drink each day.

Give yourself a ☺ every day you eliminate extra sugar from your meals.

Every day you track your food, in a journal or an app, give yourself a *.

Every week try to improve your ☺ and *

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Complete each chart every week. If you didn't complete an item, put a zero. At the end of the week add up your numbers.

YES!	No	
		Have a healthy eating plan to follow this week.
		Eating more fruits and veggies than I did last week.
		Drank at least 8 glasses of water this week.
		Read labels and put high sugar foods in the back of the cupboard.
		Avoided sugar at least once a day.
		Used real food instead of processed food at least once a day.
		Tracked my calories and exercise
		Totals

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