

Worksheet for Chapter 8 - Food

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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Score for each week:

7 YES! = You are a super star and well on your way to being healthy after 55

5-6 YES! = You are moving forward and making the effort

3-4 YES! = It's time to try harder and accept the challenge of being healthy after 55

0-2 YES! = Evaluate why it is difficult for you to follow these simple guidelines and resolve to do better next week