

Name: _____

Date: _____

Class: _____

How Did Your Nutrition Plan Go?

1) Were you able to keep track of all your nutrition changes on the nutrition calendar?

- If not, then your goals were not measurable. What could you do to make them measurable?

2) Were you able to complete all nutrition changes that you had scheduled on your calendar?

- If not, what happened to stop you?

- Does this mean that your nutrition plan was realistic? Why or why not?

3) What changes would you like to make to your plan? Think of things to add or to take away.

4) What other effects of your changes in nutrition did you notice in other areas of your life?