

Your Choice

Name: _____

Place a check mark in the appropriate box

My Goals...	More : I can...	Enough: I can...	Less: I can...
To make smarter food and activity choices			
To move more and sit less			
To pay attention to how much I eat			
To use food labels			
To choose foods with less fat			
To make smarter drink choices			
To make smarter snack choices			
To make smarter fast-food choices			
To avoid the urge to eat too much			
To try new foods			

Adapted from *The Power of Choice Leader's Guide*