

# Eating Right for Your Lifestyle

## Section A

**My Favorite Foods**

**Possible Healthier Substitutions**

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## Section B

### Food Log

Time of Day	Food Item	Quantity

## Section C

Favorite activities in junior high/high school: \_\_\_\_\_

Revised favorite activities for now: \_\_\_\_\_

When could I do this activity? \_\_\_\_\_

### Section C

Favorite activities in junior high/high school: \_\_\_\_\_

Revised favorite activities for now: \_\_\_\_\_

When could I do this activity? \_\_\_\_\_

### Section D:

My weight: \_\_\_\_\_ x .05 = \_\_\_\_\_ pounds.

### Section E:

My motivation for a healthier lifestyle change is \_\_\_\_\_

In the next year, I will try \_\_\_\_\_