

My New Food Choices Worksheet

Foods I will remove almost completely:

1. _____ Why? _____
2. _____ Why? _____
3. _____ Why? _____
4. _____ Why? _____

Foods I will eat only occasionally:

1. _____ Why? _____
2. _____ Why? _____
3. _____ Why? _____
4. _____ Why? _____

Foods I will increase in my diet:

1. _____ Why? _____
2. _____ Why? _____
3. _____ Why? _____
4. _____ Why? _____

My weight goal: _____ **My size goal:** _____

My health goals: _____
