

# A healthy you...just one choice at a time!

Instructions:

1. Complete a weekly food diary – record down everything you eat and drink for 1 week
2. At the end of the week, go through your food diary and record all the healthy food choices and the unhealthy food choices below
3. Each week remove 1 unhealthy food choice and replace it with a healthy food choice

<b>Healthy Food Choices</b>	<b>Unhealthy Food Choices</b> These are the foods that you know are not good for you and need to go from your diet. These are the foods you'll replace or change into Healthy Food Choices.