

Changing Perspective

Take a moment to think about your personal nutrition goals. They can be small short-term goals or big long-term goals. Choose one of your goals and write it in the space below.

Now think about your goal, and what you need to accomplish to reach that goal. *What is holding you back? What are your fears? What are your challenges? What do you need to change? What support systems or information do you need to gather to reach your goals?*

In the space below write down what you ate and drank yesterday from the time you woke up to the time you went to bed? *Include all snacks and snack times.*

First Food (s)
Time of day?

Mid-day Food (s)
Time of day?

Evening Food (s)
Time of Day?

List the different food groups and portions of the food you ate.

What seems to be missing?

What are some changes you can make to improve you intake?