



# Change What You Eat!



In order to change what you eat, we need to start by taking a look at what you are currently eating on a daily basis. Choose three days this month to fill out a food diary, and keep track of everything! This includes snacks, drinks, treats, and all meals.

**Day 1: Date** \_\_\_\_\_

Breakfast:

Lunch:

Dinner:

Dessert:

Snacks:

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**Day 2: Date** \_\_\_\_\_

Breakfast:

Lunch:

Dinner:

Dessert:

Snacks:

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**Day 3: Date** \_\_\_\_\_

Breakfast:

Lunch:

Dinner:

Dessert:

Snacks:

**What do you notice when looking at your food diary?** \_\_\_\_\_

**Are you eating a lot of different fruits and vegetables?** \_\_\_\_\_

**Did you have dessert every night?** \_\_\_\_\_

**Are you drinking lots of water?** \_\_\_\_\_