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# Activity

## Monitor Your Diet and Complete a Meal Planner

Do you know how often you consume unhealthy ingredients and foods, such as high fructose corn syrup, partially hydrogenated oils (trans fats) and items high in sodium? If you’ve never tracked your diet, you might not—it’s hard to get a handle on how much you casually snack during the day when you aren’t monitoring it, especially if you’re extremely busy, travel often or work in an office with an abundance of snack foods.

That’s why this activity focuses on monitoring your diet and gradually improving your nutrition. Each week builds on the previous week’s progress!

### Week 1: Start Trackin’

You don’t have to change your diet just yet, although you’re welcome to get a head start if you’d like. This week, simply track what you eat each day—meals and snacks. At the end of the week, pick three unhealthy items to avoid and list a healthy substitution you enjoy for each item. You can list an ingredient (high fructose corn syrup), a category (trans fats) or a specific food item (cookies)—whatever makes the most sense for you.

<b>Week 1</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							

### Foods to Avoid Next Week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Healthy Substitution

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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**Week 2: Time to Use Your Substitutes**

Make sure you choose substitutions you enjoy to ease yourself in to a healthier diet! This week, implement your substitutions from last week and continue to track the foods you eat. At the end of the week, choose another three unhealthy ingredients or foods to avoid, as well as another three substitutions. You'll continue to eat healthier every week!

**Foods to Avoid Next Week**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Healthy Substitution**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

<b>Week 2</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							

**Week 3: Complete a Week-Long Meal Plan**

Okay, now we're swapping out enough food that a little planning is in order. This week, continue to write down what you eat, and implement your substitutions from both week one and week two. At the end of the week, plan your final week of meals in advance to help you stay on course! If you need to, continue to gradually trade unhealthy foods and ingredients for more nutritious options.

**Foods to Avoid Next Week**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Healthy Substitution**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

<b>Week 3</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							



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<b>Week 4 PLAN</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							

**Week 4: Set Yourself Up for Success in the Future**

Once again, track what you eat each day. Were you able to stick to your meal plan? What obstacles made it more difficult, and how can you plan for them in the future? Consider what works best for you, then do your best to maintain these changes—and continue to meal plan—next week and beyond.

<b>Week 4 ACTUAL</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							