

THREE-DAY FOOD TRACKING SHEET

For the next **three days**, track **everything you consume through your mouth**; nutritious food, junk food, water, alcohol, carbonated drinks, fruits, chewing gum, etc. After you have tracked your food, answer the questions at the bottom of this exercise.

[illegible]

After you have a complete list of what you ate for three days, analyze your eating habits and determine what you are eating that should be dropped or curtailed. What is missing from your diet that you need to be healthy? Visit www.mypyramid.gov to assist you in this exercise.

DEVELOP A FIVE-POINT PLAN TO BRING ABOUT THIS CHANGE IN YOUR LIFE.

Be certain to use action verbs in your goal statements.

1. _____
2. _____
3. _____
4. _____
5. _____