

Name _____

Personal Wellness Plan: Healthy Eating

Step 1: Assess Your Current Eating Habits

Food Diary for One Day

Instructions: Write down everything you eat and drink for each meal and snack, including portion sizes. Also, note your eating times, your hunger level (1 = not hungry at all, 10 = extremely hungry), and any emotions or situations linked to your food choices.

Day	Meal	What I Ate and Drank	Portion Size	Eating Time	Hunger Level	Emotions/Situations
Day 1	Breakfast					
	Lunch					
	Dinner					
	Snacks					

Step 2: Set Specific, Realistic Goals

Areas for Improvement

Instructions: Identify areas where you can improve your eating habits based on your food diary and the Dietary Guidelines Recommendations.

1. _____
2. _____
3. _____

Goals

Instructions: Set clear and achievable goals for your eating habits.

- Example: "I will eat at least three servings of vegetables daily."

1. _____
2. _____
3. _____

Step 3: Create Action Steps

Action Steps

Instructions: List specific actions you will take to reach your goals. Make sure they are practical and tailored to your preferences and lifestyle.

- Example: "I will add a serving of vegetables to my dinner every night."

1. _____
2. _____
3. _____

Step 4: Identify Potential Challenges and Solutions

Challenges

Instructions: Anticipate possible obstacles to achieving your goals.

1. _____
2. _____
3. _____

Solutions

Instructions: Think of ways to overcome these challenges.

- 1. _____
- 2. _____
- 3. _____

Step 5: Monitor Your Progress

Progress Monitoring

Instructions: Regularly check your goals and action steps to see how you’re doing. Adjust your plan as needed.

Date of Check-In: _____

Goals: _____

Progress: _____

Adjustments Needed: _____