# Serve Up a Healthier You – What I Eat

**My goal(s) for the week:**

| Taking a look at what we eat can help us to find things we can improve about our habits.<br><br>Think about everything that you eat and drink each day. Write it down.<br><br>**Food and Drink**<br>▪ What did you eat?<br>▪ What did you drink?<br>▪ How much did you eat or drink - cups, ounces, tablespoons?<br>▪ How was it cooked - baked, grilled, fried?<br>▪ What did you add - butter, cream, sugar, dressing, mayonnaise?<br><br>**Time**<br>▪ When did you eat or drink this?<br><br>**Why**<br>▪ How hungry were you before and after eating - using a scale of 1 (starving) to 10 (uncomfortably full)?<br>▪ How did you feel - sad, happy, bored, worried, tired, stressed, angry? | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| Did you meet your goal(s) for today – yes or no? | | | | | | | |

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