



Choose a meal to work on:

Breakfast

Lunch

Dinner

Snack

Specific Goal: *(ie. I want to eat more healthy fats)*

Choose a Strategy or Activity:

(ie. I will add pumpkin seeds to my oatmeal every morning this week)

Name the strategy/activity:

How often do you plan to do it?

Setup a Non-Food Related Reward with Rules and a Timeline:

(ie. If I add seeds to my oats 3 times this week, I will take myself to see a movie this weekend.)

Name the strategy/activity:

How often will you do it and for how long?

Name the reward:

When will you reward yourself?

If the plan does not work, then remember to learn from your mistakes:

What happened? What stopped you from achieving your goal?

What will you do to prevent this from happening in the future?
