

MY ACTION PLAN

Please fill out your action plan and take it with you to your next appointment, so you and your healthcare provider can discuss ways to integrate a healthier diet into your daily life.

1. MY CURRENT NUTRITION HABITS:

2. I PLAN TO INCORPORATE MINDFUL EATING INTO MY NUTRITIONAL PLAN BY DOING THE FOLLOWING:

3. ROADBLOCKS THAT KEEP ME FROM EATING WELL:

4. EMOTIONAL TRIGGERS THAT ENCOURAGE ME TO MAKE POOR FOOD CHOICES:

5. MY PLAN TO DEVELOP QUALITY NUTRITIONAL HABITS: