



**Building a Healthier Plate**  
 Start with 1: *Creating an Action Plan*



**Choose a meal to work on:**

- Breakfast       Lunch       Dinner       Snack

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

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**Choose a Strategy or Activity:**

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

**Name the strategy/activity:**

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**How often do you plan to do it?**

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**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:**

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**How often will you do it and for how long?**

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**Name the reward:**

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**When will you reward yourself?**

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

What happened? What stopped you from achieving your goal?

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

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