

Take Action for Change.

Record Your Average Scores by circling the appropriate number below. Click on the category in the first column to learn more about this food group and print recommendations to get more of these foods in your diet.

	<u>Room for Improvement</u>				<u>On Your Way</u>			<u>Doing Well</u>			
<u>Sugar</u>	0	1	2	3	4	5	6	7	8	9	10
<u>Protein</u>	0	1	2	3	4	5	6	7	8	9	10
<u>Fats</u>	0	1	2	3	4	5	6	7	8	9	10
<u>Fiber</u>	0	1	2	3	4	5	6	7	8	9	10
<u>Antioxidants</u>	0	1	2	3	4	5	6	7	8	9	10
<u>Fluids</u>	0	1	2	3	4	5	6	7	8	9	10
<u>Calcium</u>	0	1	2	3	4	5	6	7	8	9	10

Record Your Action Steps

Priority Area for change: _____

How I will change:

Difficulties I face:

How I will deal with these difficulties:
