

# Lunch Well Journal

A food and activity journal can help you improve your health. Recording what you eat for lunch and your activity level creates awareness, making it easier to change what isn't working for you.

Start tracking your progress today. It may increase your will power and strengthen your resolve to stick with your new healthy lunches. Begin by setting small, realistic goals. Setting goals can help you be successful at creating change. Be sure to readjust your goals as you successfully achieve them.

### Tips for keeping track

- Write in your food tracker when you finish eating your lunch.
- List the foods you eat from each food group and the number of servings.
- Be sure to list everything you eat. This will help you get a better idea of your lunchtime eating patterns.
- Reward yourself!
- Remember that a little physical activity, combined with nutritious eating, can help benefit your overall wellness level. Check the box each time you are active during the week. Start slowly and keep at it. In time, your charts can show how your lunch habits and activity levels have improved.

## MONDAY

Date \_\_\_\_\_

Today I completed at least 30 minutes of physical activity

## TUESDAY

Date \_\_\_\_\_

Today I completed at least 30 minutes of physical activity

## WEDNESDAY

Date \_\_\_\_\_

Today I completed at least 30 minutes of physical activity

## THURSDAY

Date \_\_\_\_\_

Today I completed at least 30 minutes of physical activity

## FRIDAY

Date \_\_\_\_\_

Today I completed at least 30 minutes of physical activity

### Grains

### Fruits

### Vegetables

### Meats & Beans

### Dairy

