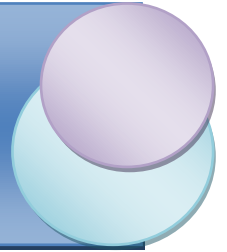


Your Best Health: Adult Weight Management Reflection Journal



Eating Well for Weight and Health

Know Your Portions

Think about your meals:

Did the portions on your plate look like the Healthy Plate?

- not usually
- most of the time

What's one thing that you're doing well? _____

What's one thing you could improve? _____

Choose Healthy Drinks

Do you drink fruit and/or vegetable juice

- Yes
- No

Do you drink water?

- Yes
- No

Do you drink milk?

- Yes
- No

Do you avoid drinks with calories (except skim and 1% milk)?

- Yes
- No

Getting Started with the 4 P's

Check the statements that are true for you:

Do you plan your meals and snacks at least one day ahead?

- not often
- usually

Do you grocery shop?

- not often
- usually

If yes, do you use a shopping list?

- not often
- usually

Are your meals prepared at home?

- not often
- usually

When you're ready to prepare a meal, do you have all the ingredients or foods that you need?

- not often
- usually

Do you bring meals and snacks prepared at home when you'll be eating away from home (examples: while travelling or at work or school)?

- not often
- usually

Each **Usually** answer means you're doing some meal planning. Each **Not Often** answer may be an area for goal setting.