

# Thinking About My Eating Habits

Name: \_\_\_\_\_

*Instructions:* Use your completed Eating Log to answer the following questions.

1. Circle each food and drink that is health-promoting. What is the total of circled items? \_\_\_\_\_
2. Count each food and drink that was not health-promoting. Write the total on the line: \_\_\_\_\_
3. Did you mostly eat and drink health-promoting items? \_\_\_\_\_ Why or why not?

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4. I can improve my eating habits by doing the following:

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