

LESSON 5.5 Your Nutrition Plan Note-Taking Guide

Creating a Nutrition Plan

Complete the following plan by identifying the key elements of each step to creating a nutrition plan.

Step 1

- 1. Step 1: \_\_\_\_\_
- 2. What is a food log? \_\_\_\_\_  
\_\_\_\_\_
- 3. How do you log your food intake? \_\_\_\_\_  
\_\_\_\_\_
- 4. What are three things to remember when logging your food?
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_

Step 2

- 5. Step 2: \_\_\_\_\_
- 6. What two types of SMART goals should you set once you have logged your diet and looked at the results?
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
- 7. What four questions should you consider when setting your goals?
  - 1. Am I getting the \_\_\_\_\_ of food?
  - 2. Am I getting the right amount of \_\_\_\_\_?
  - 3. Do I eat foods high in \_\_\_\_\_?
  - 4. Do I get enough \_\_\_\_\_? Do I eat too much \_\_\_\_\_?

Step 3

- 8. Step 3: \_\_\_\_\_
- 9. Now that you have analyzed your \_\_\_\_\_ and \_\_\_\_\_ SMART goals, identify specific strategies you can use to meet each goal.
- 10. What is one example of a strategy you could use to help yourself reach your goals?  
\_\_\_\_\_

## CHAPTER 5 Managing Good Nutrition

### Lesson 5.5

#### Step 4

11. Step 4: \_\_\_\_\_

12. In your checklist you want to make sure to include the following:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

#### Step 5

13. Step 5: \_\_\_\_\_

14. How often should you reflect on how well you are doing?

\_\_\_\_\_

15. What should you do if you aren't having much success?

\_\_\_\_\_