

LESSON 4.5 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 _____ and _____, identify some specific strategies you can use to help you meet each of your goals.
- 10. What is one example of a strategy you could use to help yourself reach your goals?

CHAPTER 4: Nutrition, Healthy Weight, and Body Image

Lesson 4.5

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?
