

My overall nutrition goal is: _____

Recognizing that it may be easier to work on this goal one step at a time, my SPECIFIC PLAN for this week is to (select 1 or more options):

- Consult with a dietitian
- Complete a daily food diary to track my eating habits (or use an app)
- Increase fruit/vegetable intake (goal = 5 servings per day)
- Increase variety of colorful vegetables and fruits consumed
- "Eat seasonally"-- shop at farmer's markets or buy in-season produce
- Decrease consumption of sugary foods and/or beverages
- Avoid energy supplements/drinks
- Increase fiber intake from whole food, plant-based sources (aim for minimum of 25-35 grams per day)
- Eat more fresh, whole foods rather than packaged convenience foods
- Eat more whole grains, less white flour based products
- Sit down to eat regular meals every day
- Avoid excessive and/or unhealthy food snacks between meals
- Eat more meals prepared at home
- Aim for less than 6 teaspoons (25 grams) of added sugar per day
- Drink more water
- Eat when I am hungry, stop when I am full
- Eat more meatless meals (choose alternate protein sources such as tofu and legumes)
- Limit alcohol consumption to ≤ 1 standard drink/day (women) and ≤ 2 standard drinks/day (men)
- Eat more mindfully (pay more attention to what I am eating and avoid technology while eating)
- Other: _____

The 3 most important reasons I want to make this change are:

- 1.
- 2.
- 3.

I have checked the UF Wellness Programs Resources tab to identify programs/services that may help me.

- Yes No

Some resources I have available to assist me with this goal (e.g., class, free program/service, supportive partner, health care professional, commercial product/service) are:

I will review my progress toward this goal on: ____ / ____ / _____

Signature: _____