



Healthy Eating Mini-Plan



I _____ want to eat more healthily every day of my life.

My aim is to improve my general health and well being by gaining the benefits of healthy eating.

Today & tomorrow I will make small changes e.g. swap a biscuit or bag of crisps for a piece of fruit

1. _____
2. _____
3. _____

Every day next week and for the rest of the month of _____ I will make bigger changes: e.g. eat breakfast every morning

1. _____
2. _____
3. _____

At the end of the month if I have stayed with the plan I will reward myself by..... e.g. new outfit , spa day etc

Things I will do to help me stay with my Healthy Eating Plan for life: e.g. keep a food diary

1. _____
2. _____
3. _____

Signed..... Date.. ..

Witnessed

