Putting It All Together

Think about the changes you have made to your eating and lifestyle that have helped you. Focus on the habits that worked well and how you can keep using them every day to stay healthy.

Refrigerator staples

List all foods you plan to keep in your refrigerator

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Pantry staples

List all foods you plan to keep in your pantry

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Freezer staples

List all foods you plan to keep in your freezer

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____







CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT

Exercise and activities

List all exercises and activities you plan to continue

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



What did you learn? Do you view nutrition differently?

How do you feel? How has this program impacted your life?