

## ONE MONTH DIETARY CHANGE PLAN

Week 1: One dietary change I will make this week is: \_\_\_\_\_

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Did I reach this goal? If not, why not? \_\_\_\_\_

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Week 2: One dietary change I will make this week is: \_\_\_\_\_

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Did I reach this goal? If not, why not? \_\_\_\_\_

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Week 3: One dietary change I will make this week is: \_\_\_\_\_

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Did I reach this goal? If not, why not? \_\_\_\_\_

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Week 4: One dietary change I will make this week is: \_\_\_\_\_

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Did I reach this goal? If not, why not? \_\_\_\_\_

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