



Creating an Action Plan

Challenge yourself to make an Action Plan. Choose **one** action from the list below and make a plan to follow it for one week.

This week I plan to:

- Eat with others for at least one meal each day.
- Drink more water during the day.
- Practice eating slowly at meals.
- Try one new food this week.
- Plan and help prepare a healthy meal for the people I live with (with adult supervision).
- Read Nutrition Facts tables and Ingredient lists to choose healthy foods and drinks.
- Eat meals and snacks without distractions such as screens (computer, television)

Before you start your action plan, answer the following questions:

1. Describe in detail your plan to achieve your action. Think of all the steps you needed for the action. Who is going to help you with the plan? When are you going to do the action?

For example: Eat without distractions.

- Eat my nighttime snack away from tv
- Every weeknight Monday - Friday
- Eat at the table, not in front of tv or computer
- Ask sibling(s), family to join
- Do this for one week

2. Describe how you will know that you have completed your action plan. For example, you can write a check mark in your agenda when you have achieved your action plan.



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

After you are finished your action plan, answer the following questions:

1. Did you follow your action plan for the week?
2. What was the most challenging part of following your action plan?
3. What part of your food environment (home, school, media, community) influenced your action plan the most?
4. What did you learn about your eating habits during the past week?