

# Weekly Action Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### This week, I promise to:

\_\_\_\_ Read the food label of a product I use and write down the following information on the product.

\_\_\_\_\_ Serving size.

\_\_\_\_\_ Calories per serving size.

\_\_\_\_\_ Grams of Total Fat.

\_\_\_\_\_ Percentage of Sodium.

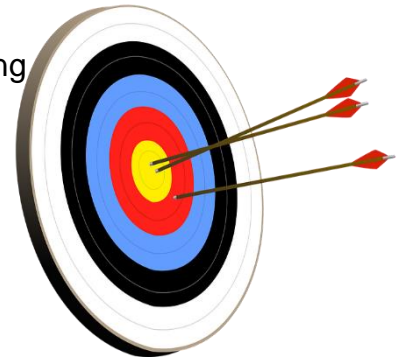
\_\_\_\_\_ Grams of carbohydrates.

\_\_\_\_\_ Grams of fiber.

\_\_\_\_ Read the food labels when I go to the store.

\_\_\_\_ Select my foods after examining the content on the label.

\_\_\_\_ Share my product with the class.



If I achieve my goal, I will reward myself with: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_