



# MOVING AHEAD: The Challenge

## Nutrition Worksheet

Think about your current diet and all the things you would like to change about it. Identify ways in which you can improve your eating habits in the future:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### SWITCH YOUR DIET FOR A WEEK

For one whole week, eliminate as much candy and processed sugar from your diet as possible, and try the following:

1. Eliminate fast food from your diet. Only eat good quality meat that is high in protein.
2. Eat five fruits and vegetables every day.
3. Drink 8 generous glasses of water every day.
4. If you want a piece of candy, try a piece of fruit or glass of juice instead.

After switching your diet, how do you feel? What are your reactions to the change? Has your concentration/energy level decreased or increased? Are there any other noticeable changes? Make a journal entry below:

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Has your definition of “nutritious” changed after trying this new diet?

How can this new diet be used to positively influence your study habits? Exercise routine?  
Sleep habits?

