

Food Locality Chart

RATE Your 21 MEALS a WEEK



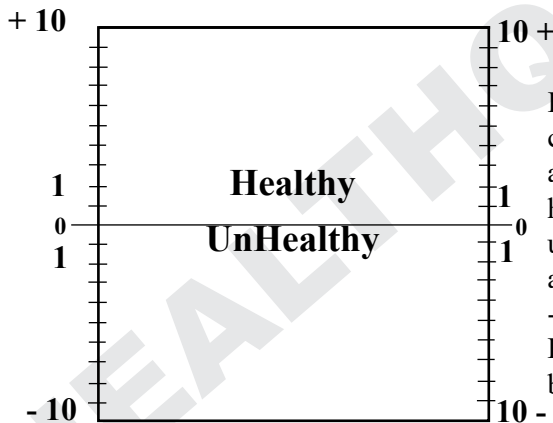
**21
Meals
Per Week**

Home

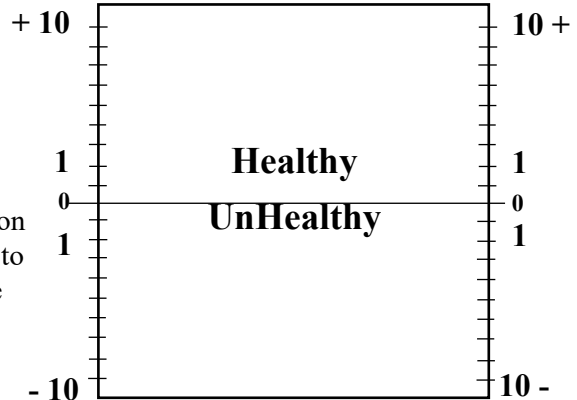
Away

Keep track of the number of healthy and unhealthy meals you eat both at home and away from home.

Write your numbers in each of Home and Away boxes.



In this set of charts, rate the above number of healthy meals vs unhealthy meals on a scale from +10 to -10 in each of the Home and Away boxes.



Add Number of Healthy Meals _____

Add Number of UnHealthy Meals _____

Calculate the number of healthy and unhealthy meals in each column and write in the spaces.

“An apple is not as good as the Dorito is Bad”

Do this chart again in 30 days and see if you improve your eating