

Tracking Your Family's Change to Good



Goal sheet for: Fast Foods

Use the calendar below to mark the days that your family meets the goal you are trying to achieve. Which of the following will you try?

- Choose smaller options
- Be smart with sides
- Look for healthy icons
- Put lots of veggies and less fatty meat on pizza
- Limit fried foods
- Limit extras like butter, bacon, mayo, and sauces
- Be smart with salads and use less dressing


Start date:
___/___/___

Week	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							



Week	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6							
7							
8							
9							
10							
11							
12							

**Congratulations! You are on your way to sending
your family on the road to health!**

Patient name: _____ Patient date of birth: _____

Bring or send this in to your doctor's office after you fill it out to let them know how you are doing!