

Name of Family Member: \_\_\_\_\_

# Preparation Diet

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

Behaviors	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total	Typical Habits (daily or weekly average)
<b>Vegetables</b> — excluding corn and potatoes (# servings a day)									÷ 7 = _____ servings of vegetables a day
<b>Fruits</b> (# servings a day)									÷ 7 = _____ servings of fruits a day
<b>Screen time</b> — TV, video, computer for recreation (# hours a day)									÷ 7 = _____ hour screen time a day
<b>Breakfast</b> (Y/N)									⇒ _____ days a week eating breakfast
<b>Refined grains</b> — white bread, white rice, etc. (# servings a day)									÷ 7 = _____ servings of refined grains a day
<b>Walking</b> (# minutes a day)									÷ 7 = _____ minutes of walking a day
<b>Home-prepared lunch</b> (Y/N)									⇒ _____ days a week eating a home-prepared lunch
<b>Juice</b> — 100% only (# cups a day)									÷ 7 = _____ cups of juice a day
<b>Sugary drinks</b> (# cups a day)									÷ 7 = _____ cups of sugary drinks a day
<b>Water</b> or no-calorie beverages (# cups a day)									÷ 7 = _____ cups of water or no-calorie beverages a day
<b>NEAT Activities</b> — see page 162 (# a day)									⇒ _____ number of NEAT activities a week
<b>Vegetarian protein</b> — see page 164 (# servings a day)									÷ 7 = _____ servings of vegetarian protein a day
<b>Red meat</b> (# servings a day)									÷ 7 = _____ servings of red meat a day
<b>Active play</b> — see page 165 (At least 30 min., Y/N)									⇒ _____ days a week with at least 30 minutes of active play
<b>Healthy snacks</b> — see page 168 (Was at least one healthy snack eaten? Y/N)									⇒ _____ days a week with at least one healthy snack
<b>Trans fats</b> — see page 169 (# foods with trans fats a day)									÷ 7 = _____ foods with trans fats a day
<b>Active sports</b> — see page 169 (At least 30 min., Y/N)									⇒ _____ days a week with at least 30 minutes of active sports
<b>Balanced meals</b> — containing protein, low-glycemic carbohydrate, and healthy fat (# a day)									÷ 7 = _____ balanced meals a day
<b>Active travel</b> — walk, bike, scooter, skateboard, etc. (Y/N)									⇒ _____ days a week using active travel
<b>Healthy dessert after dinner</b> — see page 174 (Y/N)									⇒ _____ days a week having a healthy dessert after dinner
<b>Sugary treats</b> (# a day)									⇒ _____ sugary treats a week
<b>Active chore</b> (Y/N)									⇒ _____ days a week with an active chore
<b>Eating out</b> — salad, nonstarchy veggie, or fruit with every meal/snack eaten out (Y/N)									⇒ _____ days a week with a salad, veggie, or fruit if eating out
<b>TV (# hours a day)</b>									÷ 7 = _____ hours of TV a day