

# Healthy Eating

Live YOUR Optimal Life - YOU CAN DO IT!! 😊

Name: \_\_\_\_\_ Email: \_\_\_\_\_ cell: \_\_\_\_\_

Each time YOU choose healthy food over sugary snacks, write down what you chose. Once you fill in 10 healthy choices, turn in your sheet to receive a special gift.

1. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

2. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

3. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

4. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

5. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

6. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

7. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

8. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

9. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

10. I chose: \_\_\_\_\_ instead of: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**The Body Achieves what the Mind Believes!**

