



Physical Target Setting Eating and Nutrition - Adding to My Diet - Level 2

Level 2 - I have added to my diet _____, _____, _____ by _____

The benefit to me and others for adding to my diet _____, _____, _____ is:

The cost to me and others for not adding to my diet _____, _____, _____ is:

The price I am willing to pay to add to my diet _____, _____, _____ is:

To add to my diet _____, _____, _____, I am willing to change, give-up or add to my life:
