



Physical Target Setting Eating and Nutrition - Food Elimination Level 1

Level 1 - I have eliminated from my diet _____, _____, _____ by _____

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

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

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

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