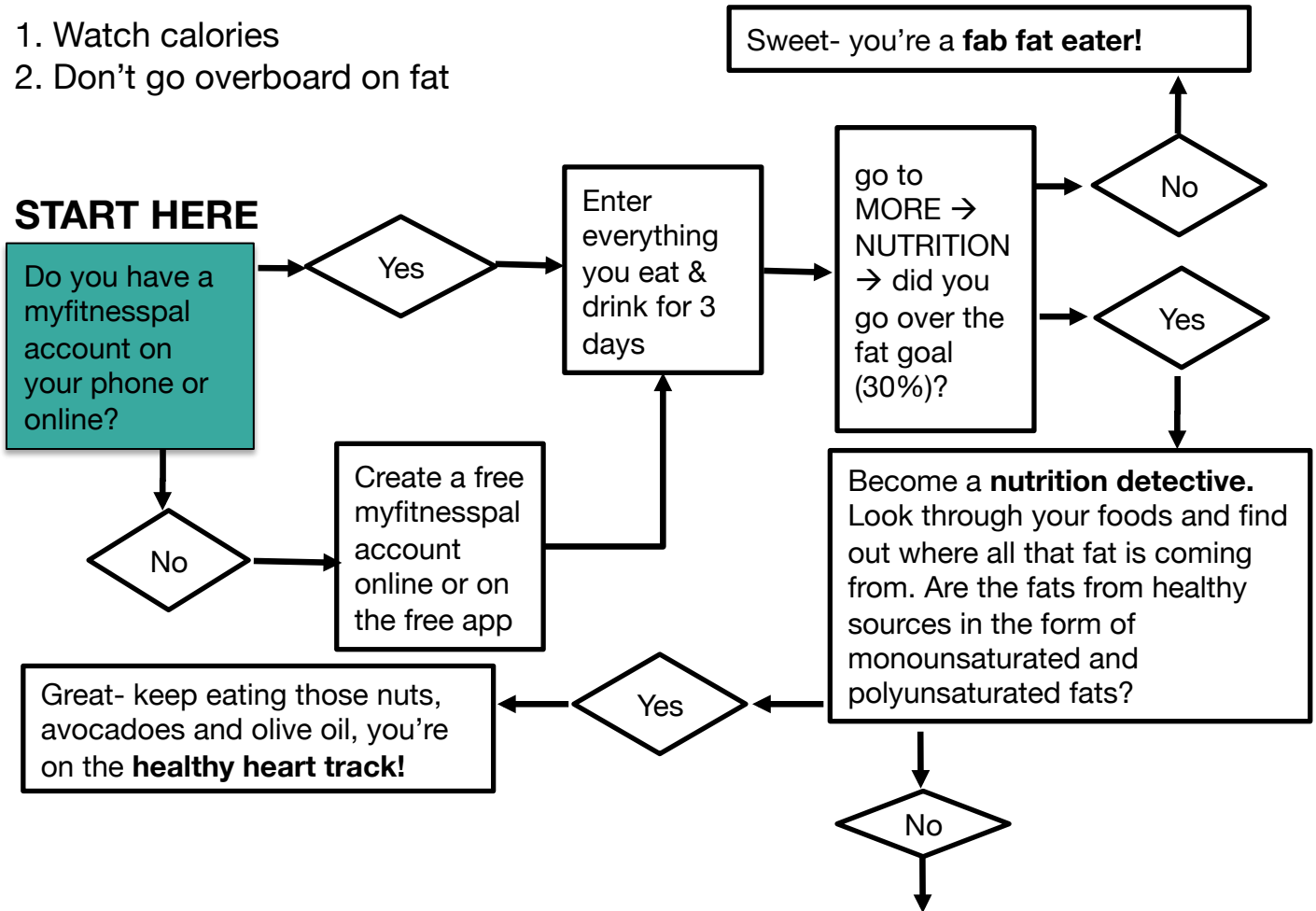




# 6 Steps to Keep the Weight Off

Choose your own adventure: follow the prompts and set the goals you need

1. Watch calories
2. Don't go overboard on fat



**Set a nutrition goal!**

What foods that you eat contain the highest amounts of saturated and trans fats? (list up to 5)

\_\_\_\_\_

Which foods could you cut down on? (list up to 3) \_\_\_\_\_

What amount could you stay satisfied by? \_\_\_\_\_

How will you cut back? (i.e. buy 100 cal packs of this, use a smaller bowl for ice cream)

\_\_\_\_\_

\_\_\_\_\_