



# REFLECTION JOURNAL

NAME: \_\_\_\_\_



## Lesson 1 Reflection Questions

1. What are the top three benefits that I really want to get from making healthy eating and physical activity habits?

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2. In looking at my Day 1 behaviors, which do I like the best?

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## Lesson 2 Reflection Questions

1. Did I get the recommended serving of food for each food group? If not, which?

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2. Choose a food group. How might I be affected if I do not eat the recommended servings for this food group?

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## Lesson 3 Reflection Questions

1. Do I need to make any changes to my beverage intake? If yes, what is one change that you need to make and why. If no, what is good about your beverage intake?

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## Lesson 4 Reflection Questions

1. Is maintaining fuel/calorie balance easy or difficult for me? What makes it easy or what makes it difficult?

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2. Think of the times when you are mostly inactive. What is one thing that you could do to be active at least 5 more minutes during those inactive times?

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## Lesson 5 Reflection Questions

1. How do my eating and physical activity habits affect me?

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2. What is the best way to fuel my body?

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3. Why is it important to choose healthy beverages?

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4. Why is calorie balance important?

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