

Healthy Eating



Most adults are eating more calories than they need. Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. Healthy eating means eating a variety of foods in the right portion size to maintain a healthy body weight. If you are struggling with eating healthy, a good first step is to journal what you eat. It may sound too good to be true, but in an article by Elaine Magee, MPH, RD, she writes that the simple act of keeping a food diary can encourage you to eat fewer calories and several studies have shown that people who keep food journals are more likely to lose weight and keep it off. Make a promise to yourself today to keep a food diary and start eating healthy.

Promise:

I will keep a food diary for 30 days.

Element of Honor:

Self-Control

My greatest battle lies within. Control over one's own emotions, desires and actions often defines the success or the failure of a promise. I work to build self-control so that I may better myself and the world around me.

Action Items:

- Research online or journal options for logging food.
- Schedule time in your calendar for logging your food.
- Find an accountability partner, someone you can check in with on a weekly basis.
- [Make one healthy substitute each week](#) (apple for a bag of chips, water for a soda, etc.)

Verification:

Complete Badge [Verification Form](#) (located on website) which should include the food log system you choose and a screen shot of one week of your logs.

Approval:

Badges will be verified and approved for presentation quarterly.

because
I said
I would.

I'm inspired to...

*"It's not hard to make decisions when you know what your values are."
Roy E. Disney*