

**Salud Y Vida**

**DSME Class Session 2**

**Weekly Action Plan**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**This week I promise to:**

\_\_\_\_\_ Use the recommended servings of food in my meal.

\_\_\_\_\_ Try to eat half of my plate of non-starchy vegetables at lunch and dinner.

\_\_\_\_\_ Choose high fiber foods.

\_\_\_\_\_ Try to prepare my favorite food with less:

\_\_\_\_\_ Fat and sugar.

\_\_\_\_\_ Salt.

\_\_\_\_\_ Make an appointment with my nutritionist.

\_\_\_\_\_ Other: \_\_\_\_\_



When I achieve my goal, I will reward myself with:

\_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_