

My Diet Planner



Look and think about your diet plan.

You have to change your eating habits to get a healthier life. That's why you decided to create a diet planner. You have to consider the following aspects: Why do you want to change your eating routine? What is your plan to start a diet? What are the facts you should consider to be successful? How can you improve your plan to feel more comfortable?

Why do you want to do this? _____

Starting date: _____

Aspects to consider: _____

Ingredients I can consume: _____

Ingredients I can't consume : _____

Description: What will you do to start and continue a successful diet?
