



March Monthly Challenge



LEVEL 1

Meal Planning Tracking Sheet

Name: _____

If you fail to plan, you plan to fail. Many times, we forgo planning our meals for the upcoming week. This lack of planning can lead to poor nutritional decisions and/or unnecessary financial debt. Take this month to plan your meals and gain back your time, money, and health.

Use this tracking sheet to work through the process of developing a new habit this month. Record your answers below. Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by April 4, 2019

<p>Week One Currently, what prevents you from meal planning? What could you do to make this a more regular occurrence?</p>							
<p>Week Two Develop your meal plan. Pick one grouping of meals to plan out for the next week. What can you use as a reminder to ensure you complete this task?</p>							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
<p>Week Three Implement your plan above. Check the day(s) you followed your meal plan.</p>							
<p>Week Four How well did you plan work? What went well, what would you like to change for next time? What benefits do you see it you continue to plan your meals in advance?</p>							