

Eating For You Challenge



Be Your Own Nutritionist!

- 1. Learn how good nutrition helps your body stay healthy**
- 2. Explore how your diet affects your stress level, skin, sleep, and energy.**
- 3. Share @gsnnj**

While we are home, why not work on our best self. Learn how your diet affects your stress level, skin, sleep, and energy.

Share with us @gsnnj

Supplies:

- Paper**
- Pencils/Pens**
- Computer or smart phone**
- Junk food**
- Wi-Fi or internet**

Answer the questions on the following page, and create your own food and drink journal over the course of a week.

Be your own experiment. If you are eating healthy, are you getting more sleep? Is your skin looking better? Do you have more energy?

What did you change?



Eating For You Challenge Explained

Circle and/or write in your answers below before and after you complete your experiment.

1. How would you rate your eating habits? Good Bad So,so
2. Do you consider yourself a healthy eater? Yes No
3. How would you describe your perfect meal? _____
4. If you could have any food item of your choice right now, would what you have? _____
5. Can you describe an ideal healthy meal? _____
6. Have you ever noticed a relationship between what you eat and how you feel?
Yes No If yes, how? _____
7. How do you feel after eating chips or candy? Good Bad So,so
8. How do you feel after a hearty burger and fries? Good Bad So, so
9. How do you feel after a serving of fresh fruit or vegetables? Good Bad So, so
10. Have you noticed any correlation between your nutrition and your focus? _____
11. Look at the labels of the junk food you have in your house and write down any ingredients that you are unsure of and research what they are. _____
12. Create your own nutrition journal and over the course of a week write down everything you eat and drink. You are your own experiment, so have fun, get some (more) sleep and look ravishing.

