



### 3. Nutrition: Action Plan Example

Set a specific nutrition goal that you want to achieve. For instance, you might want to eat more fruits and vegetables, cut down on added sugar, drink more water, or include more whole grains in your meals. Your Nutrition Action Plan should match your lifestyle and preferences. *Here's an example to inspire you.*

#### EXAMPLE

I will start On Monday the 5<sup>th</sup> of June

*(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)*

I want to reduce my sugar intake

*(Main goal: E.g. Vary my proteins, limit sodium intake, increase fiber intake, improve portion control or include more healthy fats.)*

I will swap sugary snacks with healthier alternatives, such as fresh fruit, unsweetened yogurt, or nuts.

*(Action step: E.g: Add a colorful salad or stir-fry into your weekly menu, snack on fresh fruits or raw vegetables instead of processed snacks, read & understand food labels or swap sugary drinks.)*

My support buddy is my partner (who does the shopping)

*(Support system: It could be a friend, family member, or online community that share similar nutrition goals.)*

Milestone reward: a day at the beach in July

*(A meaningful reward to reinforce your habit)*

**Not ready for a big change yet? Start off with a tiny habit.**  
*(eg. Instead changing my diet overnight, I'll start with one day per week.)*

My tiny habit: have an apple a day instead of fruit juice

*(Small changes over time will have a big impact)*



### 3. Nutrition: Your Action Plan

Why do you want to improve your eating habit.

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**I will start** \_\_\_\_\_

*(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)*

**I want to** \_\_\_\_\_

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*(Main goal: E.g. Vary my proteins, limit sodium intake, increase fiber intake, improve portion control or include more healthy fats.)*

**I will** \_\_\_\_\_

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*(Action step: E.g. Add a colorful salad or stir-fry into your weekly menu, snack on fresh fruits or raw vegetables instead of processed snacks, read & understand food labels or swap sugary drinks.)*

**My support buddy is** \_\_\_\_\_

*(Support system: It could be a friend, family member, or online community that share similar nutrition goals.)*

**Milestone reward:** \_\_\_\_\_

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*(A meaningful reward to reinforce your habit)*

**Not ready for a big change yet? Start off with a tiny habit.**

*(eg. Instead changing my diet overnight, I'll start with one day per week.)*

**My tiny habit:** \_\_\_\_\_

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*(Small changes over time will have a big impact)*