

# NUTRITION CONTRACT

I, \_\_\_\_\_, commit to a healthier way of eating by working on at least one of my goals below each week. I will check off each goal as I complete it, and will continue the good habits I have adopted while I work on each new goal, thus building healthy habits gradually.

## MY GOALS

(✓) Circle & Fill In To Record Your Personal Goals:

- ( ) Decrease / increase \_\_\_\_\_ from \_\_\_\_ X per day or week to \_\_\_\_ X per day or week.  
type of food
- ( ) Decrease / increase \_\_\_\_\_ from \_\_\_\_ X per day or week to \_\_\_\_ X per day or week.
- ( ) Replace \_\_\_\_\_ with \_\_\_\_\_ .  
type of food type of food
- ( ) Replace \_\_\_\_\_ with \_\_\_\_\_ .
- ( ) Add \_\_\_\_\_ (list food) \_\_\_\_\_ X per day or week.
- ( ) Add \_\_\_\_\_ (list food) \_\_\_\_\_ X per day or week.



\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

(502) 574-6663  
[www.louisvilleky.gov/health](http://www.louisvilleky.gov/health)