

**Reflection on One Week Diet – 10 points each (diet tracking & reflection)**

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

**Directions:** Answer the following in complete sentences with capital letters and ending marks. Note: It will be marked half wrong for each of the above blanks not filled in and for not using complete sentences, capital letters, and ending marks.

1. What food group from choosemyplate did you seem to get the most of?

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2. Where did you get most of your sugar?

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3. What were the processed foods in your diet?

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4. In what ways could you make your diet healthier?

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