Eat **Right** For Life

PHASE 1: Do Your Fats Right

Of all the nutritional strategies that protect your health and improve your vitality, learning how to do your fats right is the single most powerful.

Consuming the right fats while avoiding the wrong fats is the most important dietary strategy to guard your health and maximize your wellness. Here is the wonderful news: Succeeding in this essential healthy eating directive is as simple as an oil change! Out with the bad and in with the good — that's all you really have to do.

SURVEY

Simply check (✓) "Yes" or "No" in response to each of these questions

YES	NO	
☐	☐	Do you eat processed foods like baked goods, crackers and chips more than a few times each week?
☐	☐	Do you eat fast food or convenience foods more than twice a week?
☐	☐	Do you eat more than two servings of red meat per week?
☐	☐	Do you consume whole dairy foods like full-fat cheeses, whole milk, or ice cream?
☐	☐	Are you confident you can make changes to your diet that you can stick with long term?

Your answers to the survey questions will help you in determining which Do Your Fats Right goal to choose. If you answered yes to two or more of the questions, chances are good that you could improve your fat intake. Consider aiming for the beginner goal to get started, or if you feel more confident about your ability to make positive change in this area, go for the intermediate or advanced goal. Either way, setting your sights on Doing Your Fats Right is the focus!

GOALS

Simply check (✓) your goal

- ☐ **Beginner**: Eliminate from your diet all trans fats from processed foods.
- ☐ **Intermediate**: Limit red meat to two or fewer servings per week.
- ☐ **Advanced**: Add one serving of omega-3 or monounsaturated fat to your intake each day.

TRACKING

Simply check (✓) each day you met your goal

DAY 1 DATE: _____	DAY 2 DATE: _____	DAY 3 DATE: _____	DAY 4 DATE: _____	DAY 5 DATE: _____	DAY 6 DATE: _____	DAY 7 DATE: _____

Notes: