

EATING FOR ENERGY GOAL

Week 2

FINISHlines™
faithful

INCREASE FRUITS & VEGETABLES

Look through your diary from last week and make observations as if you were a scientist. No guilt! Say, “Hmm, isn’t that interesting. I wonder why I did that?” Be a learner of yourself. Notice how you feel when you eat a certain way.

This week, increase fruit and vegetable intake. Are there certain meals where you don’t include any fresh produce? How can you incorporate it? Are there new types or varieties you can try? If you had 4 servings per day, set a goal to include 6 every day this week, for example. Share your goal on the FFL community message board.

The choice is yours if you wish to continue to keep a food log throughout the remainder of the FFL program. It is one of the proven top strategies for weight loss.