

# EATING FOR ENERGY GOAL

Week 7

**FINISH**lines™  
*faithful*

## PLAN FOR SUCCESS

Plan for success with healthy eating. Look back over the last 6 week's Eating for Energy goals. Which of the 6 was most beneficial for you: keeping a food log, increasing fruits and vegetables, considering protein, eliminating calories from beverages, fasting from sugar, or following a 90/10 eating plan?

Which is one you could realistically make a life-long habit?