Room to Improve?

Have you already made a few changes in your eating habits? If so, good for you. If not, now’s a good time to start. Either way, there’s always room to improve. Think about your reasons for not improving an eating habit. Then try to come up with at least two possible solutions.

Example:
What’s stopping me?: I don’t have time to cook healthy meals.
Possible ways to improve: Prepare a healthy recipe on the weekend, and warm it up during the week. Buy pre-chopped vegetables for salad.

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