

# Food Locality Chart

*RATE Your 21 MEALS a WEEK*



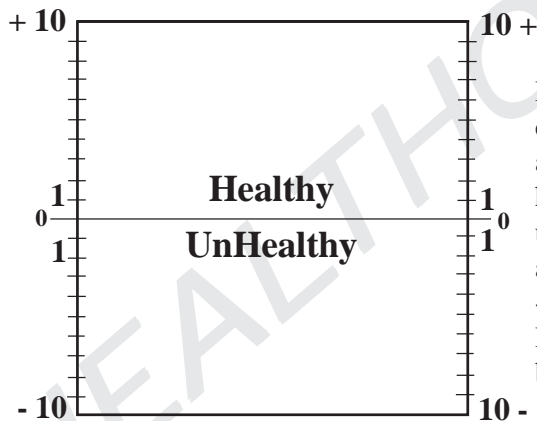
**21**  
Meals  
Per Week

**Home**

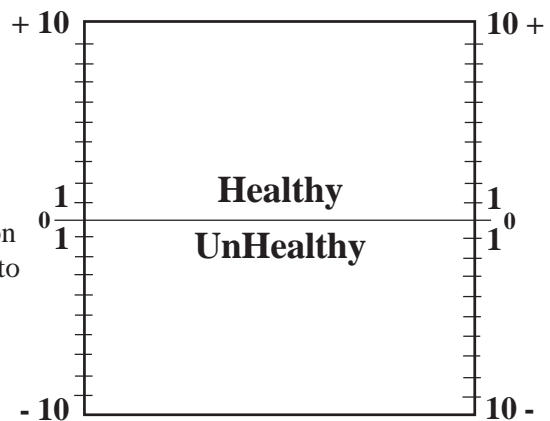
Keep track of the number of healthy and unhealthy meals you eat both at home and away from home.

Write your numbers in each of Home and Away boxes.

**Away**



In this set of charts, rate the above number of healthy meals vs unhealthy meals on a scale from +10 to -10 in each of the Home and Away boxes.



Add Number of Healthy Meals \_\_\_\_\_  
Add Number of UnHealthy Meals \_\_\_\_\_

Calculate the number of healthy and unhealthy meals in each column and write in the spaces.

*“An apple is not as good as the Dorito is Bad”*

Do this chart again in 30 days and see if you improve your eating habits!