

## HERE'S HOW OTHERS MANAGE HEALTHY SNACKING:

- If I'm feeling hungry between meals, I'll have a cup of tea or water and wait to see if I was just thirsty instead of hungry.
- I like to go for a short walk when I hit the afternoon slump instead of a sugary snack.
- I think of snacks as a way to get even more good nutrients, so I try to reach for things like baby carrots or a piece of fruit to meet my goal for the day.
- I keep small reusable containers of snacks in my pantry and grab if I am heading out of the house. That way I know I have a good option if I get hungry while I'm out.

## GOAL SETTING

**HOW DO YOU PLAN TO INCORPORATE OR CHOOSE HEALTHY SNACKS THIS WEEK?**

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**HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?**  
(On a scale of 0-10, 10 being very confident)

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**WHY DID YOU CHOOSE THAT NUMBER?**

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**WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?**

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