



Nutrition Choices Reflection Mat



Name: _____ Date: _____ Class: _____

1. My Goal

What is one nutrition goal you want to focus on?



2. Why It Matters

Why is this goal important for your health and wellbeing?



3. How I Feel

How do healthy choices make you feel?



4. Sort the Choices

Place counters or write examples in the spaces below.

Everyday Choices

Foods and drinks that help my body most of the time.



Sometimes Choices

Foods and drinks that are okay sometimes.



5. What I Do Well

What healthy choices do you already make?



6. My Next Step

What is one small change you will make?



7. My Plan

When, where and how will you take this step?

When: _____

Where: _____

How: _____



8. My Reflection

How did this activity help you think about your nutrition choices?

Circle how you feel now:

