

LABORATORY 8.2



Complete Lab 8.2 online at
www.pearsonhighered.com/powers.

Name _____ Date _____
Instructor _____ Section _____

Setting Goals for a Healthy Diet

What are your three worst dietary habits? (Use your Nutrient reports from Laboratory 8.1 to help identify problems areas with your dietary habits.)

1. _____
2. _____
3. _____

Check the appropriate boxes in the table below to indicate the changes that you think you need to make to improve your diet.

	Increase	Decrease	Keep the Same
Calories			
Carbohydrates			
Fat			
Protein			
Vitamins			
Minerals			

Based on your selections above, list two short-term and two long-term SMART goals for improving your diet:

Short-term goal 1

Short-term goal 2

Long-term goal 1

Long-term goal 2

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.