



Session # 2: Action Guide

Energy Boost!

List Of Foods That Give Me Energy

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

One New High-Energy Food I'm Trying This Week Is:

New Recipes To Try Are:

1.

2.

My Action Steps For This Session Are:

1.

2.

3.

4.