



FOODWISELab Challenge

"YOUR CONSCIOUS EATING PLAN"

OBJECTIVE

Reflect on your current state of health and build a weekly meal plan aligned with your personal goals.

KNOW YOUR STARTING POINT

Fill in your details (without judgments — it's just for self-knowledge):

- Age: _____
- Height: _____
- Weight: _____
- Do you practice physical activity?
 - ☐ No
 - ☐ 1-2 times/week
 - ☐ 3-4 times/week
 - ☐ 5 or more times/week
- How do you feel most days?
 - ☐ With energy
 - ☐ Tired
 - ☐ Having difficulty concentrating
 - ☐ Frequently hungry
 - ☐ Other: _____



SET YOUR GOALS

Choose up to **two main goals**:

- ☐ Have more energy
- ☐ Improve concentration in class
- ☐ Controlling weight
- ☐ Gain muscle mass
- ☐ Strengthen bones
- ☐ Improve sports performance
- ☐ Reduce sugar consumption

Other: _____

Why did you choose these goals?

CHOOSE FOODS WITH INTENTION

Now think about food groups and the benefits they bring.

Whole grains

Benefits: stable energy, better concentration, gut health

Vegetables and fruit

Benefits: vitamins, antioxidants, cell protection

Proteins (meat, fish, eggs, legumes)

Benefits: muscle building, recovery, enzyme production

Healthy fats (olive oil, nuts, avocado)

Benefits: Brain health, inflammation control

Dairy or alternatives

Benefits: calcium, bone health



CHOOSE THE FOODS YOU WANT TO INCLUDE IN YOUR PLAN AND LINK THEM TO YOUR GOAL:

Chosen food	What nutrient does it provide?	What benefit does it bring?	What goal do you help to achieve?

ORGANIZE YOUR WEEK

Fill with conscious choices:

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Snack					
Lunch					
Dinner					

Important rule:

Every food should have a reason — what benefit does it bring to you?



FINAL REFLECTION – CHANGE STARTS NOW

What will you change this week?

- ☐ Swap soda for water
- ☐ Eating fruit every day
- ☐ Include vegetables in two meals
- ☐ Reduce sweets/snacks
- ☐ Eating with more regular times
- ☐ Other: _____

Write your decision:

"This week I commit to _____"

Because I want to _____"

FINAL MESSAGE

Small choices made every day build your health. What you decide today influences your body tomorrow.