



# 7054 - My Eating Habits

If you are going to improve your current eating habits you must recognize what your current habits are and whether they are healthy or unhealthy.

These are currently some of my **healthy** eating habits:

Healthy Habit #1 -

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Healthy Habit #2 -

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Healthy Habit #3 -

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These are currently some of my **unhealthy** eating habits:

Unhealthy Habit #1 -

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Unhealthy Habit #2 -

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Unhealthy Habit #3 -

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