



Week 8: Accountability Card

This week is about eating healthfully on the road. Whether you travel for work or play, these strategies can help you stay healthy when you have to eat outside of the home.

Check a website for a chain restaurant you frequently visit. What is a food option that is a clean choice?	
What is one new strategy that you will practice to aid in portion control when eating at a restaurant?	
Name one new travel food that you will take with you the next time you have to travel.	
What is one change you will make to your travel habits to make it a healthier event?	