



Nutrition Counseling Services LLC

Danger Zone Challenge

Purpose Statement: The purpose of this challenge is to assess where you eat and determine the places where you may be mindlessly consuming unhealthy foods and drinks. For example, eating an entire bag of chips in front of the TV. We call these unhealthy places “Danger Zones.”

Challenge Steps:

- A. On the chart below, place a “check mark” by the places where you eat.
- B. Beside each location, list the types of foods and beverages that you consume at these locations.
- C. Circle the places that are healthy places to eat.
- D. Cross out the places that are not healthy to eat.
- E. For one week, practice eating only in the areas that you identify as healthy.

Places	Foods	Beverages	Comment
Kitchen Table			
In Front of TV			
Bedroom			
Car			
Desk at Work			
Living Room			
Ballgames			
Other:			

What changes do you need to make to your diet? _____

Return this sheet by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____