

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**IN SHAPE**



Give **two stars** and a **wish** for your diet and lifestyle.

I eat \_\_\_\_\_, so it means \_\_\_\_\_.

I am proud of my diet because I \_\_\_\_\_.

One extra thing I could improve about my diet \_\_\_\_\_.

Teacher's comment:

\_\_\_\_\_  
\_\_\_\_\_

Self-evaluation

I did well.

Getting there.

Not there yet.