## V. Activity

Record the number of healthy fats consumed daily using the attached document. List the type of fat consumed.

Set a goal to incorporate a healthy fat into the daily meal plan.

### Weekly Log: Unsaturated Fat Servings Consumed

|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| Fish |  |  |  |  |  |  |  |
| Nuts |  |  |  |  |  |  |  |
| Vegetable fats (avocado, olive oil) |  |  |  |  |  |  |  |
| Daily Total |  |  |  |  |  |  |  |