

# Earth Friendly Diet

January Ambassador Challenge

## Week 1 - Measure

Write in as many categories/foods as you want to keep track of. Tally during the week.

Category	Week 1 Tally	Wk 1 Total
(Ex: meals with dairy)		10

Notes / Comments

## Weeks 2-4 - Reduce

### Week 2

Tally for Week 2 and compare to Week 1

	Wk 1 Total	Week 2 Tally	Wk 2 Total
(Ex: meals with dairy)	10		8

Notes / Comments

### Week 3

Tally for Week 3 and compare to Week 2

	Wk 2 Total	Week 3 Tally	Wk 3 Total
(Ex: meals with dairy)	8		6

Notes / Comments

### Week 4

Tally for Week 4 and compare to Week 3

	Wk 3 Total	Week 4 Tally	Wk 4 Total
(Ex: meals with dairy)	6		5

Notes / Comments

How did week 4 compare to week 1?