Breaking My Breakfast Barriers

The "benefit of breakfast" that is most important to me is:

_____

_____

My barrier is:

_____

_____

Things I Can Do to Overcome My Barrier(s)

1. _____
2. _____
3. _____
4. _____
5. _____

Two nutritionally adequate breakfasts I would like to eat:

Breakfast #1:

What will I eat?

_____

_____

_____

_____

_____

_____

Where will I eat it?

_____

When will I eat it?

_____

Breakfast #2:

What will I eat?

_____

_____

_____

_____

_____

_____

Where will I eat it?

_____

When will I eat it?

_____