**Title: Plan Your Great Food Swap**

**Description: Plan ahead to make healthy changes tomorrow**

Planning how you’re going to make a change can help you succeed. So today your challenge is to plan one substitution in your meals for tomorrow. What’ll it be? Breakfast, lunch, or dinner? Or maybe dessert? Write down here what food substitution you plan to make [X]. Once you’ve made that substitution, congratulate yourself and record your success with Lume Wellness!