

# EAT ANYTHING

| TASK   | GOOGLE SEARCH TERMS USED | RESULTS (What did you discover?) |
|--|--------------------------|----------------------------------|
| Research the recommended weight loss rate                        |                          |                                  |
| Research the safest weight loss rate                             |                          |                                  |
| Research dangerous weight loss rates                             |                          |                                  |
| Research your chances of success in attaining your target weight |                          |                                  |
| Notes:   |                          |                                  |