

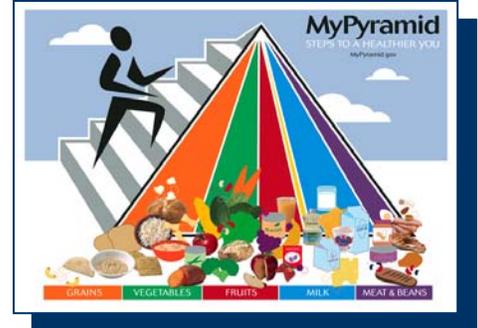
# Am I Doing All I Can to Stay Healthy?

## Nutrition and Physical Activity Checklist

Track your health progress by placing this checklist where it can be easily seen as a daily reminder of your goals!

**1. Did I get my daily servings?** (Use the **USDA's "Meal Planner"** tool to track your daily calorie intake. Check the following statements when completed: <http://www.mypyramidtracker.gov/planner>)

- I have tracked the progress of my daily nutritional intake against my daily goals.
- I met my daily goals of maintaining a healthy calorie intake.
- I consumed healthy servings from each food group that was suggested on the Meal Planner tool.
- I did not exceed my total calorie intake today.



**2. Did I stay physically active throughout the day?** (Participate in **HHS's "President's Challenge"** to track your daily physical activity and be rewarded. Fill in the blank and check the following statements when completed: [http://www.presidentschallenge.com/activity\\_log](http://www.presidentschallenge.com/activity_log))

- I have tracked the progress of my daily physical activity against my daily fitness goals.
- I met my daily goals of physical activity.
- Total time spent on staying physically active today: \_\_\_\_\_ min.**
- I stayed physically active for AT LEAST 30 minutes today.
- I chose a healthy alternative to increase my daily physical activity.



**Check which one(s) were completed:**

- Parked the car further from entrance/exit door
- Took the stairs instead of the elevator/escalator
- Walked a longer alternative route to and/or from work

**3. Stress Management Box** (Check the completed stress-coping methods)

<input type="checkbox"/> Talk about it with someone.	<input type="checkbox"/> Take a 5-10 minute break.	<input type="checkbox"/> Listen to something enjoyable to/from work.
<input type="checkbox"/> Prioritize a To-Do list.	<input type="checkbox"/> Slept at least 6 hrs last night.	<input type="checkbox"/> Other (list): _____



**4. Take the National Heart Lung and Blood Institute's "Portion Distortion Quiz" online!** Test your knowledge to see if you know how today's portions compare to those served 20 years ago. Learn about the amount of physical activity required to burn off the extra calories provided by today's portions: <http://hp2010.nhlbihin.net/portion/>

**5. Measure your Body Mass Index (BMI).** Track your body fat based on your height and weight in this simple interactive tool. See if you stay within a healthy weight range and adjust a meal plan that is best suited for you: <http://www.nhlbisupport.com/bmi/bmicalc.htm>



*\*This information is not meant as a substitute for personal medical advice. If you have a current medical condition, you should consult your health care professional.*

