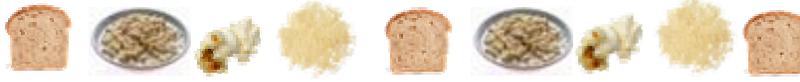


Am I Doing All I Can to Stay Healthy?

Food and Physical Activity Check list

**It's hard to stick to resolutions, so place this checklist where it can be easily seen as a daily reminder of your goals!*

1. Did I get my daily servings? *(Circle the amount of servings using the USDA Food Pyramid Guide)*

Whole Grains: 

Fruits: 

Meats: 

Dairy: 

Vegetables: 

Water: 

2. What did I eat/drink today? *(Did I stay within my calorie intake goal?)*

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

3. Did I stay physically active throughout the day? *(Fill in the blank, at least 30 minutes of physical activity is recommended for health benefits)*

_____ Minutes of Walking
Check the following that was achieved:
 ___ 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
 _____ Minutes of Jogging
 _____ Minutes of Stretching
 _____ Minutes of other Physical Activity _____

4. Stress Management Box (Check off the stress-coping methods that you completed today)

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

5. Commit to Weekly/Monthly GOALS! *(Fill in the blank)*

I will exercise for _____ minutes everyday.

I will eat less _____ (Name a favorite unhealthy snack/food).

(Make your own goal) I will _____

*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.