

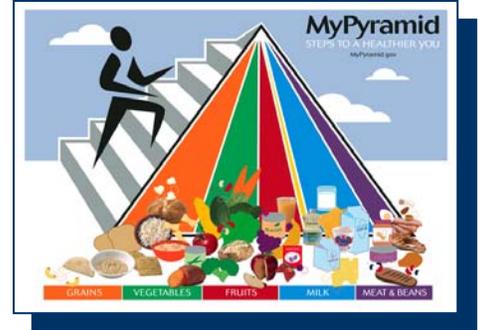
Am I Doing All I Can to Stay Healthy?

Food and Physical Activity Check list

**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)

- 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 stress-coping methods that you completed)

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): _____

4. 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.