Healthy Choices in Eating and Activity

Look over the healthy choices below. Select one or two you are not already doing.

Nutrition and Eating:

- Eat 5+ servings of fruits/vegetables daily
- Eat 3 servings of low-fat dairy daily
- Choose baked foods instead of fried foods
- Eat breakfast daily
- Drink water instead of juice/soda pop
- Limit fast food to no more than 2 times weekly
- Limit high-fat, high-sugar foods
- Eat more whole grain foods

Activity: 60 minutes most days of the week.

- Sunday activity _______ Minutes _____
- Monday activity _______ Minutes _____
- Tuesday activity _______ Minutes _____
- Wednesday activity _______ Minutes _____
- Thursday activity _______ Minutes _____
- Friday activity _______ Minutes _____
- Saturday _______ Minutes _____

- Baseball/Softball
- Basketball
- Bicycling
- Bowling
- Calisthenics/Stretching
- Cheerleading
- Dancing
- Frisbee
- Gardening/Lawn care
- Golf
- Gymnastics
- Hiking
- Household chores
- Juggling
- Jumping rope
- Kickball
- Martial arts
- Pilates/Yoga
- Racquetball
- Rollerblading/Skating
- Running/Jogging
- Skating
- Skiing
- Soccer
- Swimming
- Sweeping
- Tag
- Tennis
- Volleyball
- Walking
- Wii
- Wrestling

Personal: What is important to you?

- Feel good about yourself
- Have more energy for fun things
- Look your best
- Get good grades
- Do well at something special
- Be healthy

Inactivity:

- Limit all TV, video game and non-homework computer time to less than 2 hours each day
- Get at least 8 hours sleep nightly