
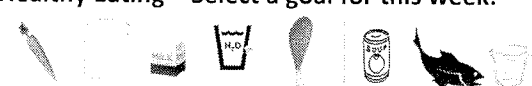
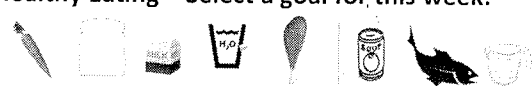
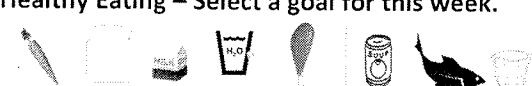










# Healthy Lifestyle Log

WEEK	Day	Physical Activities	# of Min.	Parent Initial
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
<b>Healthy Eating – Select a goal for this week.</b> 				

WEEK	Day	Physical Activities	# of Min.	Parent Initial
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
<b>Healthy Eating – Select a goal for this week.</b> 				

WEEK	Day	Physical Activities	# of Min.	Parent Initial
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<b>Healthy Eating – Select a goal for this week.</b> 				

WEEK	Day	Physical Activities	# of Min.	Parent Initial
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	Fri			
	Sat			
	Sun			
<b>Healthy Eating – Select a goal for this week.</b> 				

-  I made my half my plate fruits and vegetables.
-  At least half of the grains I ate were whole grains.
-  I chose fat-free or low-fat milk, yogurt, or cheese.
-  I drank water instead of sugary drinks.
-  I chose lean sources of protein.
-  I compared sodium in foods like soup & frozen meals & chose foods with less sodium.
-  I ate seafood.
-  I ate smaller portions.

Reflect on your Healthy Eating goals for each week. What was easier/harder to do? Did you continue the goals week to week? \_\_\_\_\_

Teacher Check \_\_\_\_\_

Name \_\_\_\_\_