

My Healthy Eating & Physical Activity Routine

My motivation for improving my healthy lifestyle is:

My Healthy Eating Plan

The Healthy Eating Component I am going to work on is (carbohydrate, protein or fat consumption, weight management, micronutrients or overall nutritional status):

My Healthy Eating goal for the next three months is:

What needs to be done to achieve this goal?

Action Steps:

1. _____ time frame _____
2. _____ time frame _____
3. _____ time frame _____

Strategies I will use to achieve this are:

My Physical Activity Plan

The Physical Activity Component I am going to work on is (cardiovascular endurance, muscular strength & endurance, flexibility, weight management, overall health & conditioning):

My physical activity goal for the next three months is:

What needs to be done to achieve this goal? Action Steps:

1. _____ time frame _____
2. _____ time frame _____
3. _____ time frame _____

Strategies I will use to achieve this are:
