

MY HEALTHY LIVING ACTION PLAN WORKSHEET

✓ PLANNED ACTIVITIES

CUTTING BACK ON CALORIES AND FAT

Place a check mark next to steps you'll try for cutting down on calories and fat.

- I'll cut back on my usual serving sizes.
- I'll order the smallest portion size when I'm eating out. Or I'll share an entree.
- I'll try calorie-free drinks or water instead of regular soft drinks and juice.
- I'll try low-fat versions of the foods I usually eat. I'll also check the labels to make sure the calories are reduced.
- When cooking, I'll bake, broil or grill and use nonstick pans and cooking sprays.
- I'll eat more vegetables and whole grain foods.

Other steps I'll take to cut down on calories and fat are:

- _____
- _____
- _____

INCREASING PHYSICAL ACTIVITY

Place a check mark next to the ways you'll try to add physical activity to your daily routine.

- I'll take the stairs instead of the elevator.
- I'll park at the far end of the parking lot.
- I'll find an activity I enjoy, such as working in the yard or riding a bike.
- I'll take a walk every day, working up to 30 minutes of brisk walking, five days a week. Or I'll split the 30 minutes into two or three walks.
- I'll try strength training by lifting light weights several times a week.

Other ways I'll add physical activities to my daily routine are:

- _____
- _____
- _____