

NUTRITION GOALS:

Include the following items in your diet at least four times per week

- Fruits and vegetables
- Whole grain foods
- Lean protein/seafood
- Low-fat or fat-free dairy items
- Water in place of sugar-based drinks
- Limit saturated fat, sodium, added sugars and alcohol consumption

SLEEP GOAL:

Stick to a sleep schedule at least four times per week

MIND GOAL:

Identify a relaxing activity you enjoy such as reading, journaling, listening to music, meditation, creative exploration or relax with this activity at least four times a week

FITNESS GOAL:

Work out at least four times a week for a combined total of 180 minutes

YOU CAN DO THIS////CREATE **HEALTHY HABITS FOR LIFE**

WEEK 1

FRUIT ○○○○	VEGETABLES ○○○○	GRAINS ○○○○	PROTEIN ○○○○	DAIRY ○○○○	WATER ○○○○
HOURS OF SLEEP ○○○○	SLEEP ○○○○	MIND ○○○○	ACTIVE DAYS ○○○○	FITNESS ○○○○	ACTIVE MINUTES ○○○○

WEEK 4

FRUIT ○○○○	VEGETABLES ○○○○	GRAINS ○○○○	PROTEIN ○○○○	DAIRY ○○○○	WATER ○○○○
HOURS OF SLEEP ○○○○	SLEEP ○○○○	MIND ○○○○	ACTIVE DAYS ○○○○	FITNESS ○○○○	ACTIVE MINUTES ○○○○

WEEK 2

FRUIT ○○○○	VEGETABLES ○○○○	GRAINS ○○○○	PROTEIN ○○○○	DAIRY ○○○○	WATER ○○○○
HOURS OF SLEEP ○○○○	SLEEP ○○○○	MIND ○○○○	ACTIVE DAYS ○○○○	FITNESS ○○○○	ACTIVE MINUTES ○○○○

WEEK 5

FRUIT ○○○○	VEGETABLES ○○○○	GRAINS ○○○○	PROTEIN ○○○○	DAIRY ○○○○	WATER ○○○○
HOURS OF SLEEP ○○○○	SLEEP ○○○○	MIND ○○○○	ACTIVE DAYS ○○○○	FITNESS ○○○○	ACTIVE MINUTES ○○○○

WEEK 3

FRUIT ○○○○	VEGETABLES ○○○○	GRAINS ○○○○	PROTEIN ○○○○	DAIRY ○○○○	WATER ○○○○
HOURS OF SLEEP ○○○○	SLEEP ○○○○	MIND ○○○○	ACTIVE DAYS ○○○○	FITNESS ○○○○	ACTIVE MINUTES ○○○○

WEEK 6

FRUIT ○○○○	VEGETABLES ○○○○	GRAINS ○○○○	PROTEIN ○○○○	DAIRY ○○○○	WATER ○○○○
HOURS OF SLEEP ○○○○	SLEEP ○○○○	MIND ○○○○	ACTIVE DAYS ○○○○	FITNESS ○○○○	ACTIVE MINUTES ○○○○