

Set Your Goals



Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.




My Personal Goals

I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.

I will get at least _____ minutes of **moderate-intensity physical activity** on _____ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Cups of fruits  | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Cups of vegetables  | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Minutes of physical activity  | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | # of cup(s) | # of cup(s) | # of cup(s) | # of cup(s) | # of cup(s) | # of cup(s) | # of cup(s) |
| | # of cup(s) | # of cup(s) | # of cup(s) | # of cup(s) | # of cup(s) | # of cup(s) | # of cup(s) |
| | # of minutes | # of minutes | # of minutes | # of minutes | # of minutes | # of minutes | # of minutes |



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------|-----|-----|-----|-----|-----|-----|-----|
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |
| SNACKS | | | | | | | |

NOTES:



CREATE A GROCERY GAME PLAN

GROCERY LIST

FRUITS

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

GRAINS (BREADS, PASTAS, RICE, CEREALS)

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

DAIRY (MILK, YOGURT, CHEESE)

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

VEGETABLES

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

PROTEIN FOODS (MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

OTHER

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

NOTES:
