

Goal No. 1

By the end of the week, I will accomplish the following action:

Accumulate _____ minutes of moderate intensity physical activity _____ days of the week.

My Reward Will Be:

Goal No. 2 (optional)

By the end of the week, I will accomplish the following action:

My Reward Will Be:

Month: _____

Start Date: _____

Steps For Success

I reviewed Joy's story.

I created short-term goals for the week.

I chose a reward for achieving my goals this week.

I identified pockets of inactivity in my day and used them to be active.

I chose a nutritional snack to replace one with empty calories.

I was physically active this week. (Check days you were active.)

Type Of Activities You Did.	<input type="checkbox"/> Walking <input type="checkbox"/> Cycling <input type="checkbox"/> Jogging	<input type="checkbox"/> Swimming <input type="checkbox"/> Activity class <input type="checkbox"/> Climbing stairs	<input type="checkbox"/> Mowing <input type="checkbox"/> Gardening <input type="checkbox"/> Cleaning	<input type="checkbox"/> Stretching exercises <input type="checkbox"/> Strength training exercises <input type="checkbox"/> Other
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Amount of time I was active. (Write minutes under day of the week.)

Write your feelings about being physically active this week.

Write down the reward you chose for meeting your goals this week.

Instead Of:	Try:
Pastries	<p><i>1/2 almond butter or peanut butter sandwich on whole-grain bread with a piece of fruit, or a handful of almonds</i> <i>Benefit: The sandwich contains less saturated fat and sugar and has more nutrition. Almonds are high in several nutrients and monounsaturated fat that helps reduce LDL or “bad” cholesterol within the context of a healthy diet. Whole-grain bread, almonds and many types of fruit are high in fiber.</i></p>
Soft Drinks	<p><i>1 cup low-fat or skim milk</i> <i>1/2 cup fruit juice (try mixing it with sparkling water for a little pizzazz)</i> <i>Benefit: Milk or fruit juice “sparker” contains fewer calories. Milk’s calcium will help protect against thinning bones.</i></p>
Fried Tortilla Chips and Processed Cheese	<p><i>Baked corn tortilla chips and salsa</i> <i>Benefit: Baked corn tortilla chips contain less fat and fewer calories per serving than fried tortilla chips. Try adding low-sodium seasoning to your chips instead of salt. Salsa is lower in calories and more nutritious than processed cheese dip.</i></p>
Ice Cream Bars	<p><i>Frozen fruit bar</i> <i>Benefit: The fruit bar is fat-free, and has fewer calories.</i></p>
Candy Bars	<p><i>Homemade trail mix with raisins, whole-grain cereal (low sugar) and dried fruit</i> <i>Benefit: The trail mix is low in saturated fat, and when combined with dried fruit it adds fiber.</i></p>