

Ralph Waldo Emerson

“Nothing great was ever achieved without enthusiasm.”

Abraham Lincoln

“Whatever you are, be a good one.”

Helen Keller

“We can do anything we want to do if we stick to it long enough.”

My Goals



Fold here second

Fold here first

My Progress — one puzzle piece at a time...

Date	/ /	/ /	/ /	/ /	/ /	Did you achieve your goal?
Actions						_____ yes _____ no
						_____ yes _____ no
						_____ yes _____ no
						_____ yes _____ no
						_____ yes _____ no

Pick your Puzzle Piece

Select a piece of the weight management puzzle you would like to solve.

Which piece would you like to try now?

- Eat less fat
- Eat breakfast more often
- Eat more fruits and vegetables
- Eat more foods with a high water content
- Be more active
- Get more dairy calcium
- Other: _____

What steps can you take to help the pieces fall into place?

Eat less fat

- Choose lean cuts of meat.
- Select low-fat or fat-free dairy products.
- Use less fat and oil when cooking.
- _____
- _____

Eat breakfast more often

- Wake up 10 minutes earlier to eat a cereal breakfast at home.
- Pack a take-along breakfast for eating on the go.
- Drink a fruit and yogurt smoothie for breakfast.
- _____
- _____

Eat more fruits and vegetables

- Add your favorite vegetables to sandwiches.
- Try vegetables at lunch — baby carrots, cherry tomatoes, or _____.
- Try eating fruit for a snack — apples, oranges, bananas, peaches, pineapple, strawberries, watermelon, or _____.
- _____
- _____

Eat more foods with a high water content

- Try eating fresh fruit rather than dried fruit.
- Add extra vegetables to soups, casseroles, pasta dishes.
- Try a cup of broth-based soup before your meal.
- _____
- _____

Be more active

- Walk ____ minutes each day.
- Try a new form of exercise.
- Take the stairs instead of the elevator.
- _____
- _____

Get more dairy calcium

- Have cereal with fat-free milk for breakfast.
- Drink fat-free milk with meals.
- Try fat-free yogurt for a snack or dessert.
- _____
- _____

- Other: _____
- _____
 - _____
 - _____
 - _____

