

REPORT CARD - 1ST QUARTER 2012

*How are you doing this year on your Healthy Changes?
Take a minute to rate yourself on a scale from 1 (poorly) to 5 (perfectly).
Then make a plan to work on the areas where you are struggling.*

HEALTHY CHANGE #1: *If you consume sodas or other sugared drinks, limit yourself to one (12 oz.) serving per week.*

1 2 3 4 5

HEALTHY CHANGE #2: *Never buy deep fat fried foods.*

1 2 3 4 5

HEALTHY CHANGE #3: *Write a weekly dinner menu and shopping list.*

1 2 3 4 5

HEALTHY CHANGE #4: *Cereal products must be made of whole grains, and have more grams of natural fiber than grams of sugar.*

1 2 3 4 5

HEALTHY CHANGE #5: *Get at least 30 minutes of exercise, most days of the week. It's best if you sweat.*

1 2 3 4 5

HEALTHY CHANGE #6: *Calculate the weekly pounds of vegetables needed for five daily servings in your household and write it down.*

1 2 3 4 5

HEALTHY CHANGE #7: *Eat a diet of whole foods rich in antioxidants, including all the edible berries in their season.*

1 2 3 4 5

HEALTHY CHANGE #8: *Enjoy a healthy mix of snacks by making a daily snack plate.*

1 2 3 4 5

HEALTHY CHANGE #9: *Agree on a "sparing" meat intake goal as a family and write it down. Let your goal guide your menus.*

1 2 3 4 5

HEALTHY CHANGE #10: *Your daily bread must be whole grain, with more natural fiber than added sugar.*

1 2 3 4 5

HEALTHY CHANGE #11: *Put love in your food with home cooking. (It's best to eat at home with ingredients you know.)*

1 2 3 4 5

HEALTHY CHANGE #12: *Eat a big green salad most days.*

1 2 3 4 5

HEALTHY CHANGE #13: *Get a little midday sunshine most days of the week, weather permitting.*

1 2 3 4 5

REPORT CARD - 2ND QUARTER 2012

*How are you doing this year on your Healthy Changes?
Take a minute to rate yourself on a scale from 1 (poorly) to 5 (perfectly).
Then make a plan to work on the areas where you are struggling.*

- HEALTHY CHANGE #14:** *Enjoy eggs from healthy hens.*
1 2 3 4 5
- HEALTHY CHANGE #15:** *Include omega-3 fats in each meal.*
1 2 3 4 5
- HEALTHY CHANGE #16:** *Shop with a menu-based grocery list.*
1 2 3 4 5
- HEALTHY CHANGE #17:** *Eat dinner as a family.*
1 2 3 4 5
- HEALTHY CHANGE #18:** *Include stretching in your exercise regime.*
1 2 3 4 5
- HEALTHY CHANGE #19:** *Eat orange vegetables and fruits.*
1 2 3 4 5
- HEALTHY CHANGE #20:** *Get your vitamins the traditional way—through whole foods.*
1 2 3 4 5
- HEALTHY CHANGE #21:** *Consult your doctor about the wisdom of fasting (being sure to drink adequate water).*
1 2 3 4 5
- HEALTHY CHANGE #22:** *Until better milk is available, drink sparingly, if at all.*
1 2 3 4 5
- HEALTHY CHANGE #23:** *Eat a variety of whole grains.*
1 2 3 4 5
- HEALTHY CHANGE #24:** *Organize your healthy recipes.*
1 2 3 4 5
- HEALTHY CHANGE #25:** *Include foods rich in vitamin K-2 in your diet.*
1 2 3 4 5
- HEALTHY CHANGE #26:** *Get plenty of sleep, in the dark, 8 to 9 hours.*
1 2 3 4 5