MOVE!

For each day of the week circle the number of servings you eat & the physical activity you perform.

STEPS to a Healthy ME: Goals for the week: _____

| Basic Recommendations | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Grains: 6-11 servings | 1 2 3 4 5 6<br>7 8 9 10 11+ | 1 2 3 4 5 6<br>7 8 9 10 11+ | 1 2 3 4 5 6<br>7 8 9 10 11+ | 1 2 3 4 5 6<br>7 8 9 10 11+ | 1 2 3 4 5 6<br>7 8 9 10 11+ | 1 2 3 4 5 6<br>7 8 9 10 11+ | 1 2 3 4 5 6<br>7 8 9 10 11+ |
| Vegetables: 3-5 servings | 1 2 3 4 5+ | 1 2 3 4 5+ | 1 2 3 4 5+ | 1 2 3 4 5+ | 1 2 3 4 5+ | 1 2 3 4 5+ | 1 2 3 4 5+ |
| Fruit: 2-4 servings | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ |
| Dairy: 2-3 servings | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ |
| Protein 5-7 oz meats, eggs, nuts, soy or equivalent | _____ oz<br>_____ oz | _____ oz<br>_____ oz | _____ oz<br>_____ oz | _____ oz<br>_____ oz | _____ oz<br>_____ oz | _____ oz<br>_____ oz | _____ oz<br>_____ oz |
| Fats, Oils & Sweets Use Sparingly | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ | 1 2 3 4+ |
| Water 6- 8 cups 8 oz. each | 1 2 3 4<br>5 6 7 8 | 1 2 3 4<br>5 6 7 8 | 1 2 3 4<br>5 6 7 8 | 1 2 3 4<br>5 6 7 8 | 1 2 3 4<br>5 6 7 8 | 1 2 3 4<br>5 6 7 8 | 1 2 3 4<br>5 6 7 8 |
| Cardiovascular or Aerobic Activity 30 minutes most days of the week | _____ min | _____ min | _____ min | _____ min | _____ min | _____ min | _____ min |
| Strength Training 30 minutes 2 times a week | _____ min | _____ min | _____ min | _____ min | _____ min | _____ min | _____ min |
| Stretching 5 minutes per day | _____ min | _____ min | _____ min | _____ min | _____ min | _____ min | _____ min |

Courtesy of the VA National Center for Health Promotion and Disease Prevention

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