1) Be physically active for between 60 to 90 minutes on most days of the week and keep a record of your physical activity. My activity choice(s) is(are)______________________________________________________

2) Keep food diaries at least one week a month. More often is better. I will keep a food diary ______________________ times a __________________________________________.

3) Begin resistance training (weight training). I will include resistance training _________ time(s) per week.

4) Eat breakfast everyday. My favorite breakfast choices are __________________________________________

5) Eat at least 2 cups of fruit and 2 ½ cups of vegetables per day. My choices will be __________________________________________

6) Make at least half of my grain choices whole grain. My whole grain favorites are __________________________________________

7) Eat fried food less than once a week. My substitutes for my favorite fried foods will be __________________________________________

8) Get a weight maintenance partner. My partner will be __________________________________________
9) Limit the amount of sugar-sweetened beverages that I drink. Instead I will drink ________________________________________________

10) I will also (You fill in the blank) ____________________________________________________________

___________________________________________________________

___________________________________________________________