

# Check your Healthy Measures

**Get energized!**

**What measures do you take to feel healthy?**

✓ Check off each measure you take to be active, eat well and feel great!

Be Active	M	T	W	T	F	S	S
I was physically active for at least 30 to 60 minutes.							
I participated in a physical activity that increased my heart rate.							
I took time out from the TV and/or computer to be physically active.							
Eat Well							
I ate a healthy breakfast.							
My meals were made up of at least 3 food groups.							
I had something healthy to eat every 4 to 6 hours throughout my day.							
I ate slowly and stopped eating when I started to feel full.							
I chose vegetables and fruits more often as snacks.							
I chose water and low fat milk instead of drinks with caffeine and/or added sugars.							
Be Yourself and Feel Great							
I balanced my time between work, home and relationships.							
I had enough sleep to feel rested throughout the day.							
I measured myself by my healthy habits rather than the number on the scale.							

How many Healthy Measures did you take this week?

**1 - 27 Good Start!**  
Visit [TBDHU.COM](http://TBDHU.COM) for more ideas on healthy eating and active living. Making changes takes time. If you haven't met all of your goals this week, create an opportunity to succeed every day.

**28 - 56 Great Work!**  
Continue to set personal goals to change your health habits – one small step at a time.

**57 - 84 Congratulate yourself** for being well on your way to good health. Keep up the good work!

Wipe clean and re-use.

Totals: Week #1 \_\_\_\_\_ Week #2 \_\_\_\_\_ Week #3 \_\_\_\_\_ Week #4 \_\_\_\_\_



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