








Health Worksheet

	Activity	Tips	Goal	Actual
	Eat Healthy	Eat 3 cups of vegetables and 2 cups of fruit everyday; Use fruits not juices. Make half your grains whole.		
	Reduce saturated fat	Skip the beef or lamb in favor of chicken or fish.		
	Physical Activity	Try for atleast 30 mins of physical activity every day. Use stairs instead of elevator and walk instead of using your car wherever possible.		
	Drink enough water	Drink atleast 35 to 50 fluid ounces of water a day.		
	Sleep	Sleep for 7 – 8 hours every night.		
	Lose weight, if you are overweight	Try to burn off about 500 calories a day through reduced food intake and exercise. This will help you lose 1 lb per week.		
	Quit smoking	It is never too late to quit smoking. Stop smoking and your body will start healing right away.		

Live Healthy!



These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.