Serve Up a Healthier You Each Day

My goal(s) for the week:

On Monday, I …

- O **Slept to re-energize - ☐ hour(s).**
  Strive for 6-8 hours of sleep.
- O **Started the day with a healthy breakfast.**
- O **Ate whole grains - ☐ serving(s).**
  Aim for 3 servings of whole grains.
- O **Had fruits and veggies - ☐ cup(s).**
  Aim for a variety of fruits and veggies.
- O **Ate calcium-rich foods - ☐ serving(s).**
  Eat 3 servings (milk, yogurt, cheese, dark green veggies or fortified foods).
- O **Avoided sugar-sweetened drinks.**
  Choose low or no calorie options like water.
- O **Right-sized portions.**
  Size up servings. Read labels. Know your limits.
- O **Limited screen time - ☐ hour(s).**
  Limit TV, computer, video games, etc. to 2 hours.
- O **Was active - ☐ hour(s).**
  Go for 1 hour or more of moderate to vigorous activity.
- O **Did not use tobacco.**
- O **Was a stress survivor.**

On Tuesday, I …

- O **Slept to re-energize - ☐ hour(s).**
  Strive for 6-8 hours of sleep.
- O **Started the day with a healthy breakfast.**
- O **Ate whole grains - ☐ serving(s).**
  Aim for 3 servings of whole grains.
- O **Had fruits and veggies - ☐ cup(s).**
  Aim for a variety of fruits and veggies.
- O **Ate calcium-rich foods - ☐ serving(s).**
  Eat 3 servings (milk, yogurt, cheese, dark green veggies or fortified foods).
- O **Avoided sugar-sweetened drinks.**
  Choose low or no calorie options like water.
- O **Right-sized portions.**
  Size up servings. Read labels. Know your limits.
- O **Limited screen time - ☐ hour(s).**
  Limit TV, computer, video games, etc. to 2 hours.
- O **Was active - ☐ hour(s).**
  Go for 1 hour or more of moderate to vigorous activity.
- O **Did not use tobacco.**
- O **Was a stress survivor.**

On Wednesday, I …

- O **Slept to re-energize - ☐ hour(s).**
  Strive for 6-8 hours of sleep.
- O **Started the day with a healthy breakfast.**
- O **Ate whole grains - ☐ serving(s).**
  Aim for 3 servings of whole grains.
- O **Had fruits and veggies - ☐ cup(s).**
  Aim for a variety of fruits and veggies.
- O **Ate calcium-rich foods - ☐ serving(s).**
  Eat 3 servings (milk, yogurt, cheese, dark green veggies or fortified foods).
- O **Avoided sugar-sweetened drinks.**
  Choose low or no calorie options like water.
- O **Right-sized portions.**
  Size up servings. Read labels. Know your limits.
- O **Limited screen time - ☐ hour(s).**
  Limit TV, computer, video games, etc. to 2 hours.
- O **Was active - ☐ hour(s).**
  Go for 1 hour or more of moderate to vigorous activity.
- O **Did not use tobacco.**
- O **Was a stress survivor.**

On Thursday, I …

- O **Slept to re-energize - ☐ hour(s).**
  Strive for 6-8 hours of sleep.
- O **Started the day with a healthy breakfast.**
- O **Ate whole grains - ☐ serving(s).**
  Aim for 3 servings of whole grains.
- O **Had fruits and veggies - ☐ cup(s).**
  Aim for a variety of fruits and veggies.
- O **Ate calcium-rich foods - ☐ serving(s).**
  Eat 3 servings (milk, yogurt, cheese, dark green veggies or fortified foods).
- O **Avoided sugar-sweetened drinks.**
  Choose low or no calorie options like water.
- O **Right-sized portions.**
  Size up servings. Read labels. Know your limits.
- O **Limited screen time - ☐ hour(s).**
  Limit TV, computer, video games, etc. to 2 hours.
- O **Was active - ☐ hour(s).**
  Go for 1 hour or more of moderate to vigorous activity.
- O **Did not use tobacco.**
- O **Was a stress survivor.**

Developed by the Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. 04/12
www.ncdhhs.gov • www.nutritionnc.com • http://childnutrition.ncpublicschools.gov

Serve Up a Healthier You Each Day

My goal(s) for the week:

On Friday, I …

- O **Slept to re-energize - ☐ hour(s).**
  Strive for 6-8 hours of sleep.
- O **Started the day with a healthy breakfast.**
- O **Ate whole grains - ☐ serving(s).**
  Aim for 3 servings of whole grains.
- O **Had fruits and veggies - ☐ cup(s).**
  Aim for a variety of fruits and veggies.
- O **Ate calcium-rich foods - ☐ serving(s).**
  Eat 3 servings (milk, yogurt, cheese, dark green veggies or fortified foods).
- O **Avoided sugar-sweetened drinks.**
  Choose low or no calorie options like water.
- O **Right-sized portions.**
  Size up servings. Read labels. Know your limits.
- O **Limited screen time - ☐ hour(s).**
  Limit TV, computer, video games, etc. to 2 hours.
- O **Was active - ☐ hour(s).**
  Go for 1 hour or more of moderate to vigorous activity.
- O **Did not use tobacco.**
- O **Was a stress survivor.**

On Saturday, I …

- O **Slept to re-energize - ☐ hour(s).**
  Strive for 6-8 hours of sleep.
- O **Started the day with a healthy breakfast.**
- O **Ate whole grains - ☐ serving(s).**
  Aim for 3 servings of whole grains.
- O **Had fruits and veggies - ☐ cup(s).**
  Aim for a variety of fruits and veggies.
- O **Ate calcium-rich foods - ☐ serving(s).**
  Eat 3 servings (milk, yogurt, cheese, dark green veggies or fortified foods).
- O **Avoided sugar-sweetened drinks.**
  Choose low or no calorie options like water.
- O **Right-sized portions.**
  Size up servings. Read labels. Know your limits.
- O **Limited screen time - ☐ hour(s).**
  Limit TV, computer, video games, etc. to 2 hours.
- O **Was active - ☐ hour(s).**
  Go for 1 hour or more of moderate to vigorous activity.
- O **Did not use tobacco.**
- O **Was a stress survivor.**

On Sunday, I …

- O **Slept to re-energize - ☐ hour(s).**
  Strive for 6-8 hours of sleep.
- O **Started the day with a healthy breakfast.**
- O **Ate whole grains - ☐ serving(s).**
  Aim for 3 servings of whole grains.
- O **Had fruits and veggies - ☐ cup(s).**
  Aim for a variety of fruits and veggies.
- O **Ate calcium-rich foods - ☐ serving(s).**
  Eat 3 servings (milk, yogurt, cheese, dark green veggies or fortified foods).
- O **Avoided sugar-sweetened drinks.**
  Choose low or no calorie options like water.
- O **Right-sized portions.**
  Size up servings. Read labels. Know your limits.
- O **Limited screen time - ☐ hour(s).**
  Limit TV, computer, video games, etc. to 2 hours.
- O **Was active - ☐ hour(s).**
  Go for 1 hour or more of moderate to vigorous activity.
- O **Did not use tobacco.**
- O **Was a stress survivor.**

Did you meet your goal(s) for the week?

- O **Yes**
- O **No**

Bonus:

- O **Got a flu shot.**
- O **Received a medical check-up.**
- O **Received a dental check-up.**

Name:

School:

LEA:

SNANC District #:

Developed by the Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. 04/12
www.ncdhhs.gov • www.nutritionnc.com • http://childnutrition.ncpublicschools.gov