Take a Healthy Step!

Choose one action you’ll take in the coming week.

I will:

☐ Read a drink label!
☐ Limit juice to once a day!
☐ Drink milk or water instead of a sweetened drink at least once this week!
☑ Play a game I learned today!
☐ Try today’s recipes!
☐ My own idea:

_________________________________________

Signed: ___________________________________
Choose one action you’ll take in the coming week.

I will:

- Eat a vegetable at lunch!
- Make half my plates veggies/fruits
- Eat vegetables or fruits for snacks!
- Try a new vegetable!
- Play a game I learned today!
- Try a recipe we learned today!
- My own idea:

Signed:
Take a Healthy Step!

Choose one action you’ll take in the coming week.

I will:

☐ Read a Nutrition Facts Label when shopping or cooking!
☐ Share a Nutrition Facts Label with an adult!
☐ Choose snacks low in fat and sugar!
☐ Play a game I learned today!
☐ Try a recipe from today!
☐ My own idea:

Signed:
Take a Healthy Step!

Choose one action you’ll take in the coming week.

I will:

☐ Eat at least 1 whole grain food every day!

☐ Choose whole grain bread instead of white bread!

☐ Eat snacks like popcorn and whole grain crackers!

☐ Play a game I learned today!

☐ Try a recipe from today!

☐ My own idea:

____________________________________

Signed:

____________________________________
Take a Healthy Step!

Choose one action you’ll take in the coming week.

When I eat out, I will:

- Choose a smaller size or share!
- Choose milk or water instead of soda!
- Choose a lower fat item!
- Include a vegetable!

I will:

- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed:

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