

Student Feedback Report: Healthy-Me Snapshot

Dear HealthCorps Program Participant:

Thank you for completing the Health-Me Survey! We used your responses to create your personalized Healthy-Me Snapshot. We hope you find this tool helpful in setting your SMART goal!

The Healthy-Me Snapshot gives you feedback on these 5 categories:

Drinking More Water and Less Sugary Beverages

Eating Fruits and Vegetables

Eating Less Junk Food

Eating Breakfast

Being Physically Active

Remember that these are general health recommendations. You should talk with your nurse or doctor about any specific health concerns. Your teacher is available if you would like to discuss anything in this report and can also help point you in the direction of the school clinic or health resources.

In Health,
The Healthy Me Snapshot Team

For ID=28002		
Healthy Behaviors	Your Rating	Feedback Message
You're on the Way Up!		
Drinking More Water and Less Sugary Beverages	🙄	<p>Here's What! You're drinking water- but it's not always your first choice!</p> <p>Hey! Try This! Cut back on sugary drinks bit by bit every day! Try dropping a few sodas per week and swap with flavored sparkling water- it will help you to feel less stress and more energized!</p> <p>Fun Fact! Think Arizona Ice Tea is healthier than soda? Think again! One bottle contains more than double your daily allowance of added sugars!</p>
You're a F & V Lover in Training		
Eating Fruits and Vegetables	🤔	<p>Here's What! You're headed for success! You like fruits and vegetables, which is awesome! You just need some help to add some new fruits and veggies into your meals and snacks to be the healthiest you!</p> <p>Hey! Try This! Ask your parents to help you out by keeping different colors of fruits and veggies in the fridge for on-the-go snacks!</p> <p>Fun Fact! Kiwis are an amazing fruit packed with antioxidants -helping to prevent high blood pressure!</p>
You're Middle of the Road		
Eating Less Junk Food	🤔	<p>Here's What! You are doing well but it is just so hard to completely stop eating fast food and junk food.</p> <p>Hey! Try This! Consider some quick home-cooked meals such as veggie burritos, whole wheat pasta, or a chicken Caesar.</p> <p>Fun Fact! As you eat less fast food, be ready to feel a boost in your mood!</p>
You're a Breakfast Sideliner		
Eating Breakfast	🙄	<p>Here's What! Breakfast doesn't look interesting? You just need a little push!</p> <p>Hey! Try This! Try something simple but healthy like yogurt or a piece of fruit. Easiest way to eat breakfast? At school- it's FREE!</p> <p>Fun Fact! Eating breakfast will keep you alert in class.</p>
You're a Fitness Fan		
Being Physically Active	🤔	<p>Here's What! You're making an effort being active, but screen time is just too tempting.</p> <p>Hey! Try This! Try putting down your phone once each day to enjoy a bike ride, or skateboarding with your friends after school. If not, then how about soccer or basketball? You'd probably feel great...and snapchat isn't going anywhere!</p> <p>Fun Fact! Being active improves your mood!</p>