

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=28003		
Healthy Behaviors	Your Rating	Feedback Message
Drinking More Water and Less Sugary Beverages		<p>Congrats! You Drink Clean!</p> <p>Here's What! You're in the elite group, you know the energy rush from sugar leads you to crash and burn!</p> <p>Hey! Try This! Keep water interesting by adding slices of lime, lemon, or cucumber. Your water will have a naturally sweet and fresh flavor!</p> <p>Fun Fact! The human brain is made up of 70% water! Drinking water throughout the day helps keep away headaches and sleepiness!</p>
Eating Fruits and Vegetables		<p>You're an F & V Flirt</p> <p>Here's What! You're awesome at eating different fruits and vegetables. That's great! You just need a little more fruits and vegetables in your meals and snacks.</p> <p>Hey! Try This! An easy way to get extra veggies- throw greens, bell pepper, or mushrooms into your wraps or scrambled eggs. Turn anything you eat into an adventure at making your body stronger!</p> <p>Fun Fact! Brussels sprouts are a superfood with cancer-fighting potential!</p>
Eating Less Junk Food		<p>In a League of Your Own!</p> <p>Here's What! Go ahead, give yourself props! You really conquered fast/junk food cravings! It's amazing that you can say 'no' so often to chips, cookies or candies!</p> <p>Hey! Try This! Keep up the great work and aim to enjoy even more home cooked meals. Invite your friends home after school and cook together- eating is social!</p> <p>Fun Fact! Ditching the junk food will boost your energy levels and help you to maintain it!</p>
Eating Breakfast		<p>You're a Breakfast Idol!</p> <p>Here's What! Awesome! You have made breakfast a priority and eat it every morning. You model what your friends should strive for!</p> <p>Hey! Try This! Make a plan with your friends to eat school breakfast together one day – since it's FREE! Share your secret weapon of always feeling energized with them!</p> <p>Fun Fact! Eating breakfast will prevent you from overeating later on the day!</p>
Being Physically Active		<p>You're a Fitness Fan</p> <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>