

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=28001		
Healthy Behaviors	Your Rating	Feedback Message
Drinking More Water and Less Sugary Beverages		You're on the Way Up!
		Here's What! You're drinking water- but it's not always your first choice!
		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!
Eating Fruits and Vegetables		Fun Fact! Think Arizona Ice Tea is healthier than soda? Think again! One bottle contains more than double your daily allowance of added sugars!
		You're a F & V Lover in Training
		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!
Eating Less Junk Food		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!
		Fun Fact! Kiwis are an amazing fruit packed with antioxidants -helping to prevent high blood pressure!
		You're Middle of the Road
Eating Breakfast		Here's What! You are doing well but it is just so hard to completely stop eating fast food and junk food.
		Hey! Try This! Consider some quick home-cooked meals such as veggie burritos, whole wheat pasta, or a chicken Caesar.
		Fun Fact! As you eat less fast food, be ready to feel a boost in your mood!
Being Physically Active		You're a Breakfast Idol!
		Here's What! Awesome! You have made breakfast a priority and eat it every morning. You model what your friends should strive for!
		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!
Being Physically Active		Fun Fact! Eating breakfast will prevent you from overeating later on the day!
		Time to Get Moving
		Here's What! Just like we need to eat, we need to move every day. What will it take to trade time with your phone or on Netflix/YouTube to get out and be active?
Being Physically Active		Hey! Try This! Find ways to sneak in activity! Start by taking the stairs instead of an elevator.
		Fun Fact! This is the most important time of your life to build bones! Actively exercising is the fastest way to do so!