



Healthy Directions /
My Plan



1.

I joined Healthy Directions because:

2.

I will work on these healthy habits:

3.

These are the people who can help me with my changes:

Physical Activity—10,000 Steps a Day

Small steps I can take to reach my goal:

Small steps add up to big changes. Pick the things below that will help you reach your goal.

- ☐ I can take a walk around my neighborhood each day.
- ☐ I can get off the bus or train one stop early.
- ☐ I can take the stairs instead of the elevator or escalator at work each day.
- ☐ I can take my dog for a longer daily walk.
- ☐ I can start a walking group with friends or neighbors.
- ☐ I can walk with my family every day.
- ☐ My idea:

Things that might get in my way:

Pick 1 or 2 things that might get in the way of your goal.

- ☐ I don't feel safe.
- ☐ I don't have time.
- ☐ It's too dark outside at night.
- ☐ The weather is bad.
- ☐ Joining a gym costs too much.
- ☐ I lost my pedometer.

One thing that might get in my way:

Ways I can overcome it:

Another thing that might get in my way:

Ways I can overcome it:

Fruits and Vegetables—5 to 9 Servings a Day

Small steps I can take to reach my goal:

Small steps add up to big changes. Pick the things below that will help you reach your goal.

- ☐ I can keep fruit in the refrigerator or on my kitchen counter so it's handy.
- ☐ I can add a banana or strawberries to my breakfast cereal.
- ☐ I can pack an apple or orange in my lunch.
- ☐ I can have a salad for lunch.
- ☐ I can include a salad with my dinner.
- ☐ I can add chopped vegetables to pasta sauces or pizzas.
- ☐ I can buy frozen or canned fruits and vegetables when fresh ones aren't in season.
- ☐ My idea:

Things that might get in my way:

Pick 1 or 2 things that might get in the way of your goal.

- ☐ My family won't eat fruits or vegetables.
- ☐ I eat out a lot, so it's hard to get enough fruits and vegetables.
- ☐ Fruits and vegetables cost too much.
- ☐ I don't know how to choose or cook vegetables.
- ☐ I don't have time to cook.
- ☐ I don't like fruits or vegetables.

One thing that might get in my way:

Ways I can overcome it:

Another thing that might get in my way:

Ways I can overcome it:

Red Meat—No More Than 3 Servings a Week

Small steps I can take to reach my goal:

Small steps add up to big changes. Pick the things below that will help you reach your goal.

- ☐ I can cook turkey, chicken, or fish instead.
- ☐ I can cook with beans and lentils, which both have a lot of protein (the way red meat does).
- ☐ I can cook with tofu, which has as much protein as meat.
- ☐ When I do buy meat, I can buy lean cuts (with "loin" or "round" on the package).
- ☐ I can make serving sizes of meat 3 ounces or less (the size of a deck of cards).
- ☐ My idea:

Things that might get in my way:

Pick 1 or 2 things that might get in the way of your goal.

- ☐ My family only eats red meat.
- ☐ I don't know how to cook other kinds of food.
- ☐ I don't like chicken, turkey, or fish.
- ☐ I don't have time to cook.
- ☐ Other foods may cost more than red meat.

One thing that might get in my way:

Ways I can overcome it:

Another thing that might get in my way:

Ways I can overcome it:

Multivitamins—Take One Every Day

Small steps I can take to reach my goal:

Small steps add up to big changes. Pick the things below that will help you reach your goal.

- ☐ I can keep my multivitamins in a place where I'll remember to take one.
- ☐ I can buy generic brand multivitamins to save money.
- ☐ I can keep extra multivitamins in my bag in case I forget to take one at home.
- ☐ I can make it a habit by taking my multivitamin at the same time every day (with breakfast, for example).
- ☐ My idea:

Things that might get in my way:

Pick 1 or 2 things that might get in the way of your goal.

- ☐ I don't think I need multivitamins.
- ☐ I can't remember to take a pill every day.
- ☐ Multivitamins cost too much.
- ☐ I don't like swallowing pills.
- ☐ I don't like how multivitamins make me feel.

One thing that might get in my way:

Ways I can overcome it:

Another thing that might get in my way:

Ways I can overcome it:

Smoking—Do Not Smoke

Small steps I can take to reach my goal:

Small steps add up to big changes. Pick the things below that will help you reach your goal.

- ☐ I can make a list of things I don't like about smoking.
- ☐ I can start cutting down on smoking.
- ☐ I can figure out the best quit-smoking plan for me.
- ☐ With help from Healthy Directions, I can learn about local quit-smoking resources.
- ☐ With help from Healthy Directions, I can learn about quit-smoking medications.
- ☐ I can ask my doctor for help.
- ☐ I can talk to other people who have quit smoking and ask for their help.
- ☐ My idea:

Things that might get in my way:

Pick 1 or 2 things that might get in the way of your goal.

- ☐ I've tried to quit before and it didn't work.
- ☐ I'm addicted to smoking.
- ☐ All my friends smoke.
- ☐ Smoking helps me relax or calm down.
- ☐ Quit-smoking medications cost too much.

One thing that might get in my way:

Ways I can overcome it:

Another thing that might get in my way:

Ways I can overcome it:

