



# My personal action plan healthy eating goal

**Change does not happen by accident.  
It takes meaningful, intentional planning and action.**

## My motivation

Start with asking yourself: What inspires me to be healthy? Why do I want a longer, healthier life?

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e.g. enjoy golf, play with my grandchildren, keep my quality of life.

## My goal

What changes to your eating habits would help you to protect your health?

**Hint:** A low score in one area of the Healthy Eating Check-up could show you an area for improvement.

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e.g. eat at least one whole-grain per day, cook dinner at home 5 days a week.

## Is your goal a SMART goal?

Check all that apply:

- Specific** "I will fill half my plate with vegetables and fruit at all meals" is more specific than "I will eat more healthily."
- Measurable** put a number in your goal so that it is easy to measure.
- Attainable** "I will choose a healthy snack every afternoon" is more attainable than "I will never snack again."
- Realistic** "I will choose whole-grain options" might be more realistic for you than "I will bake all my own bread from now on."
- Time frame:** daily, weekly, etc.



# My personal action plan weekly planner

## Every week ask yourself:

What steps are you going to take to reach your goal?

If you are going to eat a fruit at breakfast every day, what do you need to do?

Did you put enough fruit on your shopping list?

Should you prepare it the night before to save time in the morning?

## My strategy

To do...

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e.g. Menu plan for the week; go the grocery store; wash, cut and bag carrot snacks, do a slow cooker meal that will last for 2 meals.

## My challenges

It can be tempting to revert back to old, familiar habits – especially if you are under stress, upset, or just plain rushed.

Being prepared will help you manage a challenging situation. Challenges can be this week only (e.g. out for dinner one night)

or ongoing (e.g. tempted to snack at bedtime).

Challenge	Solution

e.g. Overeating when meals are delayed

e.g. Eat a healthy snack to keep hunger at bay

## My support plan

It can be hard to change your habits without support. Is there someone who can help you? Does your partner want to change too?

Do you have a friend to exercise with?

Who can support me?	How can they support me?	Have I asked them?
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

e.g. My partner

e.g. Commit to eating healthy with me

e.g. Call, email, talk in person

# My personal action plan daily tracker

**Food and activity log:** Make enough copies of this page to carry you through the week.

When I ate	What I ate	How I felt, where I ate or other factors that influenced my food choices	Using the plate guide (half a plate vegetables and fruit; ¼ plate whole grains; ¼ plate protein foods), estimate the number of servings you ate. Use a fraction if you did not consume a whole serving:				
			Veg	Fruit	Protein foods	Whole grains	
Early morning							
Mid-morning							
Noon							
Afternoon							
Evening							
Late evening							
Total number of servings for the day for each food group:							
Cups of water consumed (check them off as consumed): 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/>							
Physical activity at home, work and traveling to or from work: (describe your activities)			Number of minutes spent in:				
			Light activity	Moderate activity	Vigorous activity	Sum of activities	Sedentary activities
Total number of minutes per day:							
<p><b>Light activity:</b> Activities that do not make you breathe hard or sweat, such as strolling, light housework or stretching</p> <p><b>Moderate activity:</b> Activities that make you feel warm and breathe harder than usual but you can still carry on a conversation without difficulty. Examples include brisk walking, gardening, and recreational dancing</p> <p><b>Vigorous activity:</b> Activities that make you sweat and breathe so hard it's difficult to carry on a conversation, such as running, climbing, biking up hills, very heavy gardening or very heavy lifting and carrying</p> <p><b>Sedentary activity:</b> Leisure activities that do not require any physical effort, such as watching tv, working, or playing on the computer or reading</p>							
<p><b>Reflections:</b> What happened last week that worked? Didn't work? What will I do differently this week?</p>							