Food and Exercise Checklist

Below is a list of things you can do every day to improve your health. All of these things can help you reach your goals. Every time you do one of these activities, put an *x* in the box below the activity the day you did it. The goals indicate how many Xs there should be in each column (eventually). You can use the last column to set your own goal for the week.

Week #_____ Weight _____	I ate a healthy breakfast (protein and fiber)	I did aerobic exercise for 15 minutes	I ate a piece of fruit	I ate a cup of vegetables	I drank a glass of water	When I felt sad, nervous or bored, I did something besides eat	
	Goal: 1	**Goal: 4**	**Goal: 2**	**Goal: 3**	**Goal: 6**	**Goal: 3**	
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

© La Clínica del Cariño Family Health Care Center, Inc.