ACTIVITY

Your Personal Nutrition and Fitness Plan

Part I: Nutrition

1. As you review your eating habits, what changes do you need to make? (Remember to look back at your answers to the questions at the end of the activity “How Am I Actually Eating?” in objective 2.)

   a. grains (breads and cereals)

   b. fruits

   c. vegetables

   d. milk (dairy products)

   e. meats and beans (fish, eggs, nuts, etc.)

   f. sugars, fats, and sweets

   g. Talk with your parents or physician about your need for a vitamin or mineral supplement. What do they recommend?

2. Using the chart on the next page, write a two-day menu that will show you have learned the principles of nutrition. Be sure to include foods that you like to eat as well as some new ones you may need to incorporate into your diet.
<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack 2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Part II: Fitness

3. How will you improve your fitness level? Write down changes you will make, incorporating what you have learned in this lesson.

   a. body composition

   b. flexibility

   c. muscle strength

   d. muscle endurance

   e. cardiovascular

Part III: Reflection

(Fill this part out two weeks after implementing your lifestyle plan.)

4. So, how did you do after two weeks of trying to implement your new nutrition and fitness plan?

   a. Nutrition

      What I Did Well:

      How Can I Improve?

   b. Body Composition

      What I Did Well:

      How Can I Improve?

   c. Flexibility

      What I Did Well:

      How Can I Improve?
d. Muscle Strength
   What I Did Well:
   
   How Can I Improve?

   e. Muscle Endurance
   What I Did Well:
   
   How Can I Improve?

   f. Cardiovascular
   What I Did Well:
   
   How Can I Improve?

Conclusion
If you were able to start making changes in nutrition and fitness in your life, did you notice a change in how you felt? Did you notice that this activity uses the decision-making model we learned about in lesson 1? Maybe now you can see the importance of setting goals, writing them down, and evaluating your progress. Remember to always think of the following statements to help keep you focused.

- What do I really want out of this life?
- What do I want to be or do when I grow up?
- What am I doing now to help me get there?
- What changes do I need to make to accomplish my goals?

Good luck on your new nutrition and fitness routine! I wish you a healthy and long life!