

Check your Healthy Measures

Get energized!

What measures do you take to feel healthy?

✓ Check off each measure you take to be active, eat well and feel great!

Be Active	M	T	W	T	F	S	S
I was physically active for at least 30 to 60 minutes.							
I participated in a physical activity that increased my heart rate.							
I took time out from the TV and/or computer to be physically active.							
Eat Well							
I ate a healthy breakfast.							
My meals were made up of at least 3 food groups.							
I had something healthy to eat every 4 to 6 hours throughout my day.							
I ate slowly and stopped eating when I started to feel full.							
I chose vegetables and fruits more often as snacks.							
I chose water and low fat milk instead of drinks with caffeine and/or added sugars.							
Be Yourself and Feel Great							
I balanced my time between work, home and relationships.							
I had enough sleep to feel rested throughout the day.							
I measured myself by my healthy habits rather than the number on the scale.							

How many Healthy Measures did you take this week?

1 - 27 Good Start!
Visit toronto.ca/health for more ideas on healthy eating and active living. Making changes takes time. If you haven't met all of your goals this week, create an opportunity to succeed every day.

28 - 56 Great Work!
Continue to set personal goals to change your health habits – one small step at a time.

57 - 84 Congratulate yourself for being well on your way to good health. Keep up the good work!

Wipe clean and re-use.

Totals: Week #1 _____ Week #2 _____ Week #3 _____ Week #4 _____



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