

Take Care of Your Body: A Written Plan

There is power in making a written plan and committing to stick to it. Please make a plan that you can follow, and begin to practice. Make a realistic plan that you can comfortably keep. It is perfectly all right to “work up” to the goals in your plan.

Exercise - Most days of the week, at least thirty minutes of aerobic exercise. Describe your plan below:

Sleep - How many hours per night (schedule in a little more than you think you need)? What time will you go to bed? What time will you wake up?

Eating - At least three times per day, using healthy choices. Make a written week’s menu using the worksheet on the next page and check it against the Canadian Food Guide Recommendations. Make a list and shop for everything you need for the week.
