



My
WELLNESS JOURNAL

This journal belongs to: _____



Congratulations on beginning your journey to wellness!

The commitment you make impacts you, your family, your friends and our participants. Wellness is a lifetime journey. It is not always easy to make the necessary choices to stay on track, but the payoff in improved energy and fitness is worth the effort. You may use this journal to track your progress and share the wealth of information provided. We wish you the very best as you continue on your journey towards wellness. And remember, “you’re the only YOU you’ve got!”

— *Healthy Habits for Life Campaign Team*
California WIC Program

Body Mass Index (BMI): Where am I?

BMI is a measure of your weight as it relates to your height. It can be a good indicator of body fat, which is related to your risk of disease. On the BMI chart below, find your height in the left hand column and follow along to the right until you find your weight. The number at the top of that column is your BMI. Use the table below to track your progress towards a healthier you.

BMI SCORE — RESULT

- 18.5 & below — Underweight
- 18.5–24.49 — Normal
- 25.0–29.9 — Overweight
- 30.0 & above — Obese

BMI CHART

	19	20	21	22	23	24	25	26	27	28	29	30	35	40
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286

BMI (kg/m2) Height (in.) Weight (lb.)

DATE: _____	DATE: _____	DATE: _____	DATE: _____
HEIGHT: _____	HEIGHT: _____	HEIGHT: _____	HEIGHT: _____
WEIGHT: _____	WEIGHT: _____	WEIGHT: _____	WEIGHT: _____
BMI: _____	BMI: _____	BMI: _____	BMI: _____

Apples and Pears: How do you measure up?

Your waist and hip measurements can give you a lot of information about your risk for developing disease. The way your fat is distributed is important. *Pear-shaped* people deposit fat under the skin around their hips and thighs. *Apple-shaped* people store fat around their middles. Research shows that fat stored around your middle (apple-shaped) is more dangerous and can lead to diabetes and heart disease.

To see if you are pear or apple-shaped, you will need to know your “waist to hip ratio”. For this you will need your waist measurement, your hip measurement and a calculator.

MEASURE YOUR WAIST:

Place the tape measure comfortably around your middle. Bend from side to side and adjust the tape measure so that it is not slanted up or down. Record this measurement to the right.

MEASURE YOUR HIPS:

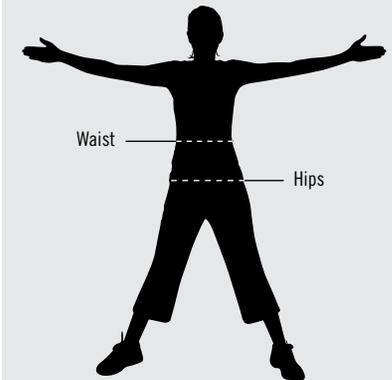
Measure down 6 to 8 inches below your waist along your side and place the tape measure around the largest part of your body. Make sure the tape measure is comfortable and not slanted up or down. Record the measurement to the right.

Now take the calculator and divide your waist measurement by your hip measurement. For example: If your waist measures 30 inches and your hips measure 42 inches, divide 30 by 42. Your waist to hip ratio is .71— pear shaped for a woman.

Pear-Shaped: Ratio less than .8 (women) or 1.0 (men)
Apple-Shaped: Ratio more than .8 (women) or 1.0 (men)

Remember having a lot of weight around your middle increases your risk for developing diabetes and heart disease. The good news is that fat stored around the middle is usually easier to lose than fat stored around the hips and thighs. Although you may not be able to change your basic body type, you can do a lot to reduce overall body fat and improve your health.

*For Good Health:
Women's waists should measure less than 35 inches and men's waists less than 40 inches.*



WAIST: _____

HIPS: _____

RATIO: _____

(waist ÷ hips)

Blood Glucose: How sweet am I?

Blood glucose refers to the amount of sugar in the blood. It is also known as serum glucose level. Too much sugar in your diet can lead to the development of diabetes.

CHECK YOUR BLOOD GLUCOSE

There are several ways to measure blood glucose:	FASTING Measurement of blood glucose after not eating or drinking for 8 hours.
	POSTPRANDIAL Measurement of blood glucose 2 hours after eating.
	RANDOM Measurement of blood glucose without considering when you last ate or drank.

BLOOD GLUCOSE CHART

TYPE	NORMAL	BORDERLINE	HEIGHT
FASTING (mg/dL)	70-99	100-125	Over 126
POSTPRANDIAL (mg/dL)	70-145	145-199	Over 199
RANDOM (mg/dL)	70-125	126-199	Over 199

DATE: _____ DATE: _____ DATE: _____
 BLOOD GLUCOSE: _____ BLOOD GLUCOSE: _____ BLOOD GLUCOSE: _____

DATE: _____ DATE: _____ DATE: _____
 BLOOD GLUCOSE: _____ BLOOD GLUCOSE: _____ BLOOD GLUCOSE: _____

Blood Pressure (BP): Know it, control it.

Blood pressure (BP) is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) and the diastolic pressure (as the heart relaxes between beats).

The measurement is written with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed verbally as “120 over 80.”

BLOOD PRESSURE LEVEL (mmHg)

	SYSTOLIC (TOP)		DIASTOLIC (BOTTOM)
Normal	< 120	and	< 80
Borderline	120-139	or	80-89
Stage 1 High BP	140-159	or	90-99
Stage 2 High BP	160	or	100

DATE: _____ DATE: _____ DATE: _____

BLOOD PRESSURE: _____ BLOOD PRESSURE: _____ BLOOD PRESSURE: _____

DATE: _____ DATE: _____ DATE: _____

BLOOD PRESSURE: _____ BLOOD PRESSURE: _____ BLOOD PRESSURE: _____

Pedometer: Step it up!

Pedometers are small calculators that clip to your belt and provide feedback about the number of steps you've taken. Pedometers are great at helping you set goals for being more active and achieving weight loss.

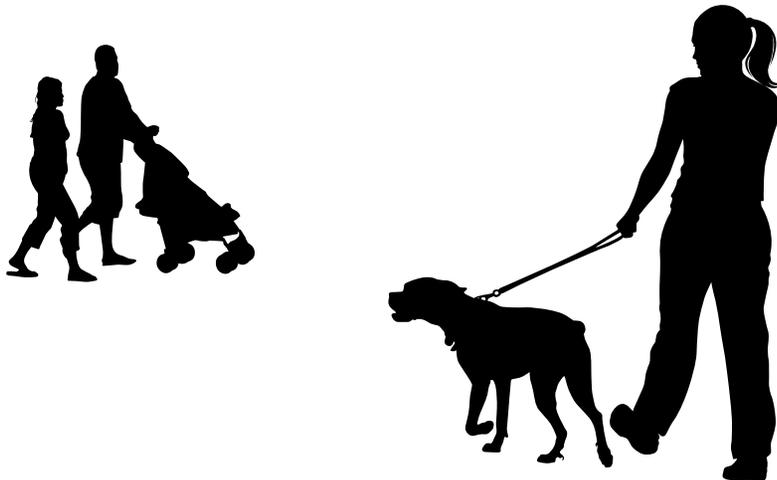
About 2,000 steps are equal to walking one mile. Currently the recommended number of steps to take in one day is 10,000. That equals five miles of walking each day!

If 10,000 steps a day is not a realistic goal for you, make your own personal goal. **Remember all activity counts.** Whether you are house cleaning, gardening, dancing, swimming, biking or shopping at the mall, it all counts toward increasing your steps.

STEP OR MILE EQUIVALENTS OF OTHER ACTIVITIES

The following converts 30 minutes of activity to "steps" or "miles".

- Swimming/water aerobics..... 3,500 steps or 1.75 miles
- Salsa/Active Dancing 3,500 steps or 1.75 miles
- Biking indoor/outside..... 3,500 steps or 1.75 miles
- Pilates/Yoga..... 2,000 steps or 1.00 mile
- Strength Training/Weights..... 2,000 steps or 1.00 mile



Cholesterol: Take charge!

Cholesterol is an important part of a healthy body because it is used for producing cell membranes, some hormones and serves other needed bodily functions. But too much cholesterol in the blood is a major risk for coronary heart disease, which might lead to a heart attack.

You get cholesterol in two ways. Your body makes some and some comes from cholesterol in animal products that you eat, such as meat, poultry, fish, eggs, butter, cheese and whole milk.

To control your cholesterol, get a cholesterol screening, eat foods low in saturated fat and cholesterol, maintain a healthy weight, exercise regularly and follow all your healthcare professional's recommendations.

TOTAL BLOOD CHOLESTEROL LEVELS

Desirable	Less than 200 mg/dl
Borderline High Risk	200-239 mg/dl
High Risk	240mg/dl and over

DATE: _____	DATE: _____	DATE: _____
CHOLESTEROL: _____	CHOLESTEROL: _____	CHOLESTEROL: _____
DATE: _____	DATE: _____	DATE: _____
CHOLESTEROL: _____	CHOLESTEROL: _____	CHOLESTEROL: _____

My Wellness Journal: Getting Started!

STEP 1: Describe Your Goal. Writing it down makes it real!

People are more likely to achieve their goal when they have clearly described it. Talking about it or, better yet, writing it down, makes it more real and more attainable. Make it a specific goal.

For example, instead of “eat better”, say, “eat less fast food”.

Try visualizing the “new you” when you achieve your wellness goal. What will your life be like? How will you feel?

STEP 2: Define Your Motivation

Now that you’ve described your goal, you need to accurately define and state your motivation for shaping up and eating better. Try to write down at least five reasons why you want to achieve the goal that you described in Step 1.

STEP 3: Create a Plan

Include the specific steps you will need to take to achieve your goal.

STEP 4: Chart Your Progress to Stay Motivated

This could be the most important step of all. If you start to feel discouraged, look over your notes. When you can see the progress that you’ve made, you’ll feel more enthusiastic and confident to continue.

STEP 5: Celebrate Your Success

As you are charting your progress at the end of the day, week, or whenever, don’t forget to celebrate your successes. Find a way to “reward” yourself for sticking with your commitment (as long as your “rewards” do not jeopardize the progress you have worked hard to make!).

And don’t forget to share your successes with friends, coworkers, and family members. Their reactions will feed your enthusiasm and propel you further along.

STEP 1: MY GOAL IS . . .

STEP 2: MY REASONS ARE . . .

STEP 3: MY STEPS ARE . . .

STEP 4: (Use these journal pages to chart your wellness journey.)

STEP 5: MY REWARDS WILL BE . . .

A journey of a thousand miles begins with but a single step.—Chinese proverb

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

It is easier to be wise for others than for ourselves—Francois De La Rochefoucauld

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Everything has its beauty but not everyone sees it.—Confucius

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*The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice, the fifth teaching others.
—Solomon Ibn Gabriol*

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They can because they think they can.—Virgil

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My physical activity for today was

Physical activity	Duration

*Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.
—Thomas Jefferson*

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

As a man thinketh in his heart, so is he.—Proverbs 23:7 of the bible

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*Keep steadily before you the fact that all true success depends at last upon yourself.
—Theodore T. Hunger*

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My physical activity for today was

Physical activity	Duration

Success is the sum of small efforts, repeated day in and day out.—Robert Collier

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My physical activity for today was

Physical activity	Duration

*Happiness is not a matter of events, it depends upon the tides of the mind.
—Alice Meynell*

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Physical activity	Duration

You don't get to choose how you are going to die. Or when. You can only decide how you're going to live now.—Joan Baez

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Physical activity	Duration

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will.—Vince Lombardi

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My physical activity for today was

Physical activity	Duration

Success does not consist in never making blunders, but in never making the same one a second time.—Josh Billings

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*The talent of success is nothing more than doing what you can do, well.
—Henry W. Longfellow*

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Aerodynamically the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it, so it goes on flying anyway.—Mary Kay Ash

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Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

To climb steep hills requires a slow pace at first.—Shakespeare

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Life is either a daring adventure or nothing.—Helen Keller

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Life is like a game of cards. The hand that is dealt you represents determinism; the way you play it is free will.—Jawaharal Nehru

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Don't compromise yourself. You are all you've got.—Betty Ford

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Govern thy life and thoughts as if the whole world were to see the one, and read the other.—Thomas Fuller

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

The best way to prepare for life is to begin to live.—Elbert Hubbard

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

The whole of life is but a moment of time. It is our duty, therefore to use it, not to misuse it.—Plutarch

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*To love what you do and feel that it matters – how could anything be more fun?
—Katherine Graham*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*If you have an hour, will you not improve that hour, instead of idling it away?
—Lord Chesterfield*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*Every day do something that will inch you closer to a better tomorrow.
—Doug Firebaugh*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Heaven never helps the man who will not act.—Sophocles

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Action is the antidote to despair.—Joan Baez

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Knowing yourself is the beginning of all wisdom.—Aristotle

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Our ideas, like orange-plants, spread out in proportion to the size of the box which imprisons the roots. The happiest life is that which constantly exercises and educates what is best in us.—Hamerton Edward Bulwer Lytton

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Energy and persistence conquer all things.—Benjamin Franklin

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Those who don't know how to weep with their whole heart don't know how to laugh either.—Golda Meir

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

If we all did the things we are capable of, we would astound ourselves.—Thomas Edison

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*Make it thy business to know thyself, which is the most difficult lesson in the world.
—Miguel de Cervantes*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Exert your talents, and distinguish yourself, and don't think of retiring from the world, until the world will be sorry that you retire.—Samuel Johnson

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

In spite of the cost of living, it's still popular.— Kathleen Norris

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.
—Helen Keller*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

In the hopes of reaching the moon men fail to see the flowers that blossom at their feet.—Albert Schweitzer

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Happiness is not achieved by the conscious pursuit of happiness; it is generally the by-product of other activities.—Aldous Huxley

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

It is not fair to ask of others what you are not willing to do yourself.
—Eleanor Roosevelt

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

There is only one person who could ever make you happy, and that person is you.—David Burns

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

There is only one way to happiness, and that is to cease worrying about things which are beyond the power of our will.—Epictetus

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

You're happiest while you're making the greatest contribution.—Robert F. Kennedy

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave.—Mary Tyler Moore

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Action may not always bring happiness; but there is no happiness without action.—Benjamin Disraeli

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

There is more to life than increasing its speed.—Mahatma Gandhi

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Happiness is where we find it, but rarely where we seek it.—J. Petit Senn

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*Knowledge of what is possible is the beginning of happiness.
—George Santayana*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

No man is happy who does not think himself so.—Publilius Syrus

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*Our minds are as different as our faces: we are all traveling to one destination; —happiness; but few are going by the same road.
—Charles Caleb Colton*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

No one can make you feel inferior without your consent.—Eleanor Roosevelt

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

The future belongs to those who believe in the beauty of their dreams.
—Eleanor Roosevelt

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

The best way to make your dreams come true is to wake up.—Paul Valery

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

The waist is a terrible thing to mind.—Ziggy, (created by Tom Wilson)

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*We don't accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something.
—Supreme Court Justice, Sandra Day O'Connor*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Let's have a moment of silence for all those who are stuck in traffic on their way to the gym to ride the stationary bicycle.

—Earl Blumenauer, Oregon congressman who is a supporter of bicycling

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you.—Charles Swindoll

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Do not look where you fell, but where you slipped.—Chinese

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Give me a fish, I have food for the day. Teach me how to fish and I will have food for every day.—Egyptian

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

It's no time to go for the doctor when the patient is dead.—Irish

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

I believe that every person is born with talent.—Maya Angelou

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.
—Elbert Hubbard

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

If you don't like something, change it. If you can't change it, change your attitude.
—Maya Angelou

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.—World Health Organization, 1948

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. —Maya Angelou

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

My Healthy Habits for Life goal for today is

What I ate today

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Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

A good laugh and a long sleep are the best cures in the doctor's book. —Irish Proverb

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Physical activity	Duration

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease.—V.L. Allineare

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What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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My physical activity for today was

Physical activity	Duration

My Healthy Habits for Life goal for today is

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

A healthy body and soul come from an unencumbered mind and body.
—Ymber Delecto

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Today's date is:

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Today's date is:

It's bizarre that the produce manager is more important to my children's health than the pediatrician.—Meryl Streep

My Healthy Habits for Life goal for today is

What I ate today

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Food Groups	Servings	Notes
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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Just because you're not sick doesn't mean you're healthy.—Author Unknown

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Physical activity	Duration

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Today's date is:

To avoid sickness, eat less; to prolong life, worry less.—Chu Hui Weng

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Physical activity	Duration

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Today's date is:

Life is not merely to be alive, but to be well.—Marcus Valerius Martial

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Physical activity	Duration

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My Healthy Habits for Life goal for today is

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Today's date is:

There is no limitation whatsoever, except those who mentally put themselves in a cage. To realize that you are not confined is to understand who you really are, because there is plenty you can do and be.—Rebecca Leech-Black

My Healthy Habits for Life goal for today is

What I ate today

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Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Physical activity	Duration

My Healthy Habits for Life goal for today is

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.
—Herophilus

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. —William Londen

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What I ate today

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Food Groups	Servings	Notes
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Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Happiness resides not in possessions and not in gold; the feeling of happiness dwells in the soul.—Democritus

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Physical activity	Duration

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Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Today's date is:

It's not stress that kills us, it is our reaction to it.—Hans Selye

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Today's date is:

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Today's date is:

Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.—Mother Teresa

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

*Go confidently in the direction of your dreams. Live the life you have imagined.
—Henry David Thoreau*

My Healthy Habits for Life goal for today is

What I ate today

Breakfast	Lunch	Dinner	Snacks	Drinks

Food Groups	Servings	Notes
Milk & Dairy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

My physical activity for today was

Physical activity	Duration

Take Charge of Your Health

YOUR ROLE IN PREVENTION

Getting regular check ups, preventive screening tests, and immunizations are among the most important things you can do for yourself. Use these charts to figure out when to see your doctor or nurse based on your health profile. Then, become a partner with your doctor or nurse to choose when you need your screenings and immunizations.

Share your family history, voice your concerns, and always ask questions about what you can do to prevent certain diseases. For instance, if your doctor or nurse asks you to exercise more, ask which types of exercises are best for you.

The following charts list recommended screenings and immunizations for women and men. If you don't know if you need certain screenings, ask your doctor or nurse. These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to meet your health care needs.

GENERAL SCREENINGS AND IMMUNIZATIONS FOR WOMEN

SCREENING TEST	AGES 18–39	AGES 40–49	AGES 50–64	AGES 65 AND OLDER
General Health: Full checkup, including weight and height	Discuss with your doctor or nurse.			
Thyroid test (TSH)	Start at age 35, then every 5 years.	Every 5 years	Every 5 years	Every 5 years
Heart Health: Blood pressure	At least every 2 years			
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone Health: Bone Mineral Density Test		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
Diabetes: Blood Glucose test	Discuss with your doctor or nurse	Start at age 45, then every 3 years.	Every 3 years	Every 3 years
Breast Health: Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.

GENERAL SCREENINGS AND IMMUNIZATIONS FOR WOMEN (CONTINUED)

SCREENING TEST	AGES 18–39	AGES 40–49	AGES 50–64	AGES 65 AND OLDER
Reproductive Health: Pap test & pelvic exam	Every 1-3 years if you have been sexually active or are older than 21.	Every 1-3 years	Every 1-3 years	Discuss with your doctor or nurse.
Chlamydia test	Yearly until age 25 if sexually active. Older than age 25, get this test if you have new or multiple partners. All pregnant women should have this test.	Get this test if you have new or multiple partners. All pregnant women should have this test.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Sexually Transmitted disease (STD) tests	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.
Mental Health Screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Colorectal Health: Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal Exam	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Eye and Ear Health: Eye exam	If you have any visual problems; at least one exam from ages 20-29 and at least two exams from ages 30-39.	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
Skin Health: Mole exam	Monthly mole self-exam; starting at age 20.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.
Oral Health: Dental exam	One to two times every year.	One to two times every year.	One to two times every year.	One to two times every year.
Immunizations: Influenza Vaccine	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Yearly	Yearly

GENERAL SCREENINGS AND IMMUNIZATIONS FOR WOMEN (CONTINUED)

SCREENING TEST	AGES 18–39	AGES 40–49	AGES 50–64	AGES 65 AND OLDER
Pneumococcal vaccine				One time only
Tetanus-diphtheria booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Human papillomavirus vaccine (HPV)	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse	
Meningococcal vaccine	Discuss with your doctor or nurse if attending college.			

GENERAL SCREENINGS AND IMMUNIZATIONS FOR MEN

SCREENING TEST	AGES 18–39	AGES 40–49	AGES 50–64	AGES 65 AND OLDER
General Health: Full checkup, including weight and height	Discuss with your doctor or nurse.			
Heart Health: Blood pressure test	At least every 2 years			
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Diabetes: Blood sugar test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Prostate Health: Digital Rectal Exam (DRE)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Prostate-Specific Antigen (PSA) (blood test)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive Health: Testicular exam	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.
Chlamydia test	Discuss with your doctor or nurse.			
Sexually Transmitted Disease (STD) tests	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.

GENERAL SCREENINGS AND IMMUNIZATIONS FOR MEN (CONTINUED)

SCREENING TEST	AGES 18–39	AGES 40–49	AGES 50–64	AGES 65 AND OLDER
Colorectal Health: Fecal occult blood test			Yearly	Yearly
Flexible Sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (colonoscopy, sigmoidoscopy, or DCBE)	Every 5-10 years with each screening (colonoscopy, sigmoidoscopy, or DCBE)
Eye and Ear Health: Eye exam	Get your eyes checked if you have problems or visual changes.	Every 2-4 years	Every 2-4 years	Every 2-4 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Skin Health: Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.
Oral Health: Dental exam	One or two times every year	One or two times every year	One or two times every year	One or two times every year
Mental Health Screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Immunizations: Influenza vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-Diphtheria Booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years

How to Talk to Your Doctor or Nurse

Waiting in your doctor's office can make you feel nervous, impatient, or even scared. You might worry about what's wrong with you. You might feel annoyed because you're not getting other things done. Then when you see your doctor or nurse, the visit seems to be so short. You might have only a few minutes to explain your symptoms and concerns. Later that day, you might remember something you forgot to ask. You wonder if your question and its answer matters. Knowing how to talk to your doctor, nurse, or other members of your health care team will help you get the information you need.

TIPS: WHAT TO DO

- **List your questions and concerns.** Before your appointment, make a list of what you want to ask. When you're in the waiting room, review your list and organize your thoughts. You can share the list with your doctor or nurse.
- **Describe your symptoms.** Say when these problems started. Say how they make you feel. If you know, say what sets them off or triggers them. Say what you've done to feel better.
- **Give your doctor a list of your medications.** Tell what prescription drugs and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking.
- **Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history.** Not sharing information with your doctor or nurse can be harmful!
- **Describe any allergies to drugs, foods, pollen, or other things.** Don't forget to mention if you are being treated by other doctors, including mental health professionals.
- **Talk about sensitive topics.** Your doctor or nurse has probably heard it before! Don't leave something out because you're worried about taking up too much time. Be sure to talk about all of your concerns before you leave. If you don't understand the answers your doctor gives you, ask again.
- **Ask questions about any tests and your test results.** Get instructions on what you need to do to get ready for the test(s). Ask if there are any dangers or side effects. Ask how you can learn the test results. Ask how long it will take to get the results.

- **Ask questions about your condition or illness.** If you are diagnosed with a condition, ask your doctor how you can learn more about it. What caused it? Is it permanent? What can you do to help yourself feel better? How can it be treated?
- **Tell your doctor or nurse if you are pregnant or intend to become pregnant.** Some medicines may not be suitable for you. Other medicines should be used with caution if you are pregnant or about to become pregnant.
- **Ask your doctor about any treatments he or she recommends.** Be sure to ask about all of your options for treatment. Ask how long the treatment will last. Ask if it has any side effects. Ask how much it will cost. Ask if it is covered by your health insurance.
- **Ask your doctor about any medicines he or she prescribes for you.** Make sure you understand how to take your medicine. What should you do if you miss a dose? Are there any foods, drugs, or activities you should avoid when taking the medicine? Is there a generic brand of the drug you can use? You can also ask your pharmacist if a generic drug is available for your medication.
- **Ask more questions if you don't understand something.** If you're not clear about what your doctor or nurse is asking you to do or why, ask to have it explained again.
- **Bring a family member or trusted friend with you.** That person can take notes, offer moral support, and help you remember what was discussed. You can have that person ask questions, too!
- **Call before your visit to tell them if you have special needs.** If you don't speak or understand English well, the office may need to find an interpreter. If you have a disability, ask if they can accommodate you.

Symptoms of Serious Health Conditions

Some symptoms could be signs of serious health conditions, which should be checked by a doctor or nurse. It is important to note that you might feel symptoms in one part of your body that could actually mean a problem in another part. Even if the symptoms don't seem related, they could be. If you have any of these symptoms, make an appointment to see your doctor. Be sure to describe every symptom in detail to your provider.

SIGNS OF A HEART ATTACK

Some symptoms of a heart attack can happen a month or so *before* the heart attack. Before a heart attack, you may have had one or more of these symptoms:

- unusual tiredness
- trouble sleeping
- problems breathing
- indigestion
- anxiety

During a heart attack, you may have one or more of these symptoms:

- pain or discomfort in the center of the chest
- pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach
- other symptoms, such as shortness of breath, breaking out in a cold sweat, nausea, or light-headedness

If you have any of these symptoms, go to an emergency room right away or call 911.

SIGNS OF A STROKE

Signs of a stroke happen suddenly and are different from signs of a heart attack:

- sudden or developing problems with speaking or understanding
- sudden or developing problems with sight
- sudden or developing problems with balance, coordination, walking, and dizziness
- sudden numbness or weakness in the face, arms, or legs
- sudden severe headache with no known cause

If you have any of these symptoms, go to an emergency room right away or call 911.

SYMPTOMS OF WOMEN'S REPRODUCTIVE HEALTH PROBLEMS

- bleeding or spotting between periods
- itching, burning, or irritation (including bumps, blisters, or sores) of the vagina or genital area
- pain or discomfort during sex
- severe or painful bleeding with periods
- moderate to severe pelvic pain
- unusual (for you) vaginal discharge of any type or color or with strong odor

SYMPTOMS OF BREAST PROBLEMS

- nipple discharge
- unusual breast tenderness or pain
- breast or nipple skin changes: ridges, dimpling, pitting, swelling, redness, or scaling
- lump or thickening in or near breast or in underarm area, or tenderness

SYMPTOMS OF LUNG PROBLEMS

- coughing up blood
- persistent cough that gets worse over time
- repeated bouts of bronchitis or pneumonia
- shortness of breath
- wheezing

SYMPTOMS OF STOMACH OR DIGESTIVE PROBLEMS

- bleeding from the rectum
- blood or mucus in the stool (including diarrhea) or black stools
- change in bowel habits or not being able to control bowels
- constipation, diarrhea, or both
- heartburn or acid reflux (feels like burning in throat or mouth)
- pain or feeling of fullness in stomach
- unusual abdominal swelling, bloating, or general discomfort
- vomiting blood

SYMPTOMS OF BLADDER PROBLEMS

- difficult or painful urination
- frequent urination or loss of bladder control
- blood in urine
- feeling the urge to urinate when bladder is empty

SYMPTOMS OF SKIN PROBLEMS

- changes in the skin, such as changes in existing moles or new growths
- moles that are no longer round or have irregular borders
- moles that change colors or change in size (usually get bigger)

- frequent flushing (a sudden feeling of heat)
- jaundice (when the skin and whites of the eyes turn yellow)
- painful, crusting, scaling, or oozing sores that don't heal
- sensitivity to sun

SYMPTOMS OF MUSCLE OR JOINT PROBLEMS

- muscle pains and body aches that are persistent, or that come and go often
- numbness, tingling (pins and needles sensation), or discomfort in hands, feet, or limbs
- pain, stiffness, swelling, or redness in or around joints

SYMPTOMS OF EMOTIONAL PROBLEMS

Note: These symptoms can have a physical cause and are usually treatable.

- anxiety and constant worry
- depression: feeling empty, sad all the time, or worthless
- extreme fatigue, even when rested
- extreme tension that can't be explained
- flashbacks and nightmares about traumatic events
- no interest in getting out of bed or doing regular activities, including eating or sex
- thoughts about suicide and death
- seeing or hearing things that aren't there (hallucinations)
- seeing things differently from what they are (delusions)
- "baby blues" that haven't gone away two weeks after giving birth and seem to get worse over time
- thoughts about harming yourself or your baby after giving birth

SYMPTOMS OF HEADACHE PROBLEMS

- headaches between the eyes
- headaches that come on suddenly
- headaches that last longer than a couple of days
- seeing flashing lights or zigzag lines and temporary vision loss before a headache starts
- spreading pain in face that starts in one eye
- severe pain on one or both sides of head with upset stomach, nausea, or vision problems

SYMPTOMS OF EATING OR WEIGHT PROBLEMS

- extreme thirst or hunger
- losing weight without trying
- desire to binge on food excessively
- desire to vomit on purpose
- desire to starve (not eat at all)

Start Early—Healthy Habits Begin at Birth

BREASTFEEDING IS THE GIFT THAT LASTS A LIFETIME

Health experts in the United States and worldwide recognize breastfeeding as the best way to feed an infant. Breastfed babies have fewer ear, respiratory and intestinal infections; less frequent allergies and asthma; and less risk of developing chronic diseases and conditions, such as SIDS, diabetes, childhood cancers, obesity and high cholesterol. All of these factors aid in reducing the number of medical visits, prescriptions and hospitalizations. Many breastfeeding women juggle motherhood and working outside the home.

YOUR EMPLOYER CAN HELP

California law supports breastfeeding mothers who are working. Since January 1, 2002, employers are required to provide:

- a reasonable amount of normal break time to accommodate an employee desiring to express breastmilk, and
- make a reasonable effort to provide the employee with the use of a room or other location, other than a toilet stall, in close proximity to the employee's work area, for the employee to express milk in private.

Go to <http://ww2.cdph.ca.gov/programs/wicworks/Pages/WIC-BFResource.aspx> for information on the law, breastfeeding, and working and pumping.

TIPS WHEN BACK ON THE JOB

- Talk with your employer before returning to work to discuss when and where you will need to express milk.
- Request to adjust your schedule to your individual needs.
- Initially, plan on 30 minute breaks about every three hours to express milk.
- Check into the use of a vacant office or a break room, or borrowing a co-worker's office while he/she is on break.
- Consider making your first day back at work a Thursday because working 2 days at first is easier than working an entire week.
- Nurse your baby before going to work.
- Pump your milk as often as you would nurse your baby.
- Label the container with the date and store it in a refrigerator or ice chest.
- Express breastmilk before your breasts start to feel full.
- Give your caregiver containers of expressed breastmilk to feed your baby.
- Ask your caregiver to avoid feeding baby close to the time you expect to pick up your child, so baby will be eager to breastfeed when you arrive.
- Nurse your baby when you return home, evenings, on weekends, and as often as you can whenever you are with your baby.
- Talk with other working breastfeeding mothers to share ideas and encourage each other.

Feel Great—Quit Smoking

New information shows that smoking causes diseases in nearly every organ of the body. Smoking is linked to diseases such as leukemia, cataracts, pneumonia, and cancers of the cervix, lung, kidney, pancreas, and stomach. Stop smoking to lower your chances of getting these diseases!

AFTER QUITTING . . .

20 MINUTES AFTER	<ul style="list-style-type: none"> • Your blood pressure drops. • The temperature in your hands and feet rises.
8 HOURS AFTER	<ul style="list-style-type: none"> • The carbon monoxide (a gas that can be toxic) in your blood drops to normal.
24 HOURS AFTER	<ul style="list-style-type: none"> • Your chance of having a heart attack goes down.
2 DAYS AFTER	<ul style="list-style-type: none"> • You can taste and smell things better.
2-3 WEEKS AFTER	<ul style="list-style-type: none"> • You have better circulation. • Your lungs are working better.
1-9 MONTHS AFTER	<ul style="list-style-type: none"> • Coughing, sinus congestion, fatigue, and shortness of breath decrease. • Your lungs start to function better, lowering your risk of lung infections.
1 YEAR AFTER	<ul style="list-style-type: none"> • Your risk of heart disease is half that of a smoker's.
5 YEARS AFTER	<ul style="list-style-type: none"> • Your risk of having a stroke is the same as someone who doesn't smoke.
10 YEARS AFTER	<ul style="list-style-type: none"> • Your risk of dying from lung cancer is half that of a smoker's. • Your risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas also decreases.
15 YEARS AFTER	<ul style="list-style-type: none"> • Your risk of heart disease is now the same as someone who doesn't smoke.

Eat a Rainbow— How Many Fruits and Vegetables?

How many cups of fruits and vegetables do you and your family need to eat each day? The answer is in the chart below. It shows you a range of how much a person needs to eat, based on their age. (Keep in mind, a cup is about the size of one small apple.) Of course, reaching the higher amount is better.

	DAILY AMOUNT OF <i>FRUITS</i>	DAILY AMOUNT OF <i>VEGETABLES</i>
KIDS 2 – 8 YEARS OLD	1 – 1.5 CUPS	1 – 1.5 CUPS
KIDS 9 – 18 YEARS OLD	1.5 – 2 CUPS	2 – 3 CUPS
ADULTS	1.5 – 2 CUPS	2.5 – 3 CUPS



To find out how many cups each person in your family needs for good health visit: www.mypyramid.gov and click the MyPyramid Plan for information.

DATE: _____

MY FRUIT AND VEGETABLE GOAL:

Lose the Fat . . . Keep the Vitamins— Drink Lowfat Milk!

HOW MUCH CALCIUM DO YOU NEED?

The chart below indicates the amount of calcium needed for any age.

AGE	DAILY MILLIGRAM INTAKE (mg)
1-3	500
4-8	800
9-18	1300
19-50	1000
51+	1200

DAIRY FOODS/SUBSTITUTES CARD ACTIVITY

Record all the dairy foods or substitutes that you ate or drank yesterday. Refer to the instructions on the activity card to complete the chart below.

WHAT I DRANK OR ATE YESTERDAY	CALCIUM (mg)	SATURATED FAT (g)	FOODS OR BEVERAGES FOR CHANGE	CALCIUM (mg)	SATURATED FAT (g)
TOTALS:			TOTALS:		

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