

# Healthy Lifestyle Form



My Healthy Lifestyle for: \_\_\_/\_\_\_/\_\_\_\_\_

Realistic Health & Weight Goals: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Breakfast Eaten at: \_\_\_\_\_  
 (time)

Snack Eaten at: \_\_\_\_\_  
 (time)

Lunch Eaten at: \_\_\_\_\_  
 (time)

Snack Eaten at: \_\_\_\_\_  
 (time)

Dinner Eaten at: \_\_\_\_\_  
 (time)

Snack Eaten at: \_\_\_\_\_  
 (time)

Nutrition Note: Your goal for the day is to eat 5 or more servings of fruits and/or vegetables, a balance of lean protein including seafood, whole grain cereals and breads, 1% or fat free dairy products, and beverages without caffeine or excess sugar. Always eat a small or moderate portion especially if you are trying to lose weight slowly & safely.

| Physical Activity: |                          | Minutes |
|--------------------|--------------------------|---------|
| 1.                 | <input type="checkbox"/> |         |
| 2.                 | <input type="checkbox"/> |         |
| 3.                 | <input type="checkbox"/> |         |

Physical Activity Note: Your goal for the day is to fit in a 30-minute activity or exercise session, or more.

|                    |  |   |
|--------------------|--|---|
| Body weight:       |  | Your goal is to reach and maintain a healthy body weight. Healthy weight loss means losing 1/2 to 2 pounds in a week. Weigh yourself once a week, using the same scale each time. |
| Waist Measurement: |  |   |

**Lowe's Foods' Nutritionist, Cindy Silver, MS, RD, LDN is easy to reach:**

- By phone Toll-Free Nutrition Hotline 1-800-311-2117
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