



## The Nutrition "How to Get Your Plate in Shape" Campaign

### Week 1:

#### Where are you at currently?

Activities for week 1 (complete at your own pace):

1. Start with taking the **Reality check ... where do you stand** quiz on the front page of *Activity & Eating*
2. Visit this interactive website link <http://nutritiondata.self.com/tools/calories-burned> to summarize your statistics (listed below) which it will do for you:
  - Body Mass Index (BMI)
  - total calories burned including lifestyle
  - total calories burned including exercise
3. Now that you have your statistics, turn to page 2 of *Activity & Eating* and read **Am I at a healthy weight?** This helps you take small steps in making healthy changes.
4. Track your food and beverage consumption for at least 3 days this week. Use the blank food diary on the back page of *Activity & Eating*.

Another resource available for tracking your intake is utilizing this **daily meal planner**: <http://www.mealsmatter.org/MealPlanning/MealPlanner/>

This resource makes it easy to prepare healthy, economical meals at home, helps you organize recipes and meals for each day.

#### Preview of upcoming weeks:

Week 2: All about food choices – part 1

Week 3: All about food choices – part 2

Week 4: Let's talk portions, food labels and food shopping

Week 5: What changes have I made; let's reevaluate

Week 6: Let's not forget about physical activity!

