

Ralph Waldo Emerson

*“Nothing great was ever achieved without enthusiasm.”*

Abraham Lincoln

*“Whatever you are, be a good one.”*

Helen Keller

*“We can do anything we want to do if we stick to it long enough.”*

# My Goals



Fold here second

Fold here first

## My Progress — one puzzle piece at a time...

Date	/ /	/ /	/ /	/ /	/ /	Did you achieve your goal?
Actions						_____ yes _____ no
						_____ yes _____ no
						_____ yes _____ no
						_____ yes _____ no
						_____ yes _____ no

# Pick your Puzzle Piece

Select a piece of the weight management puzzle you would like to solve.

## Which piece would you like to try now?

- Eat less fat
- Eat breakfast more often
- Eat more fruits and vegetables
- Eat more foods with a high water content
- Be more active
- Get more dairy calcium
- Other: \_\_\_\_\_

## What steps can you take to help the pieces fall into place?

### Eat less fat

- Choose lean cuts of meat.
- Select low-fat or fat-free dairy products.
- Use less fat and oil when cooking.
- \_\_\_\_\_
- \_\_\_\_\_

### Eat breakfast more often

- Wake up 10 minutes earlier to eat a cereal breakfast at home.
- Pack a take-along breakfast for eating on the go.
- Drink a fruit and yogurt smoothie for breakfast.
- \_\_\_\_\_
- \_\_\_\_\_

### Eat more fruits and vegetables

- Add your favorite vegetables to sandwiches.
- Try vegetables at lunch — baby carrots, cherry tomatoes, or \_\_\_\_\_.
- Try eating fruit for a snack — apples, oranges, bananas, peaches, pineapple, strawberries, watermelon, or \_\_\_\_\_.
- \_\_\_\_\_
- \_\_\_\_\_

### Eat more foods with a high water content

- Try eating fresh fruit rather than dried fruit.
- Add extra vegetables to soups, casseroles, pasta dishes.
- Try a cup of broth-based soup before your meal.
- \_\_\_\_\_
- \_\_\_\_\_

### Be more active

- Walk \_\_\_\_ minutes each day.
- Try a new form of exercise.
- Take the stairs instead of the elevator.
- \_\_\_\_\_
- \_\_\_\_\_

### Get more dairy calcium

- Have cereal with fat-free milk for breakfast.
- Drink fat-free milk with meals.
- Try fat-free yogurt for a snack or dessert.
- \_\_\_\_\_
- \_\_\_\_\_

- Other: \_\_\_\_\_
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_



Bell Institute of  
Health and Nutrition  
GENERAL MILLS

