



Healthy Habits Checklist

- Eat three small meals a day, every day, including breakfast.
- Plan a light snack for times when meals are more than 4 hours apart.
- Decrease or eliminate drinks or beverages with added sugar: Soda, tea, sports drinks, and juice.
- Drink at least 8 cups of water per day.
- Eat out less than 2 times per week.
- Eat 1 cup of low calorie vegetables at every lunch and dinner.
- Limit white starchy foods. Choose small servings of whole grain foods instead.
- Use 1% or skim milk, and low fat dairy foods such as yogurt and cheese.
- Eliminate fried foods or cut back to no more than twice a month.
- Decrease portion sizes, unless it is vegetables.
- Encourage balance in your life so that you can focus on healthier behaviors.
- Strength train 1 – 3 times per week.
- Get 30 or more minutes of cardiovascular activity at least 5 days per week.
- Move often during the day and get at least 10,000 steps per day.
- Journal your choices: You can double your weight loss by tracking what you eat.
- Change your workout every 4-6 weeks.
- Limit your recreational screen time, TV watching, and video games to less than 1 – 2 hours per day.
- Make time for YOU!