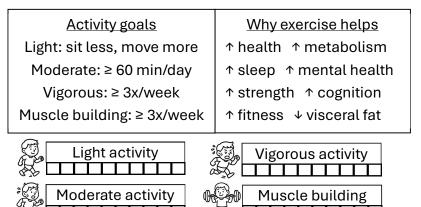
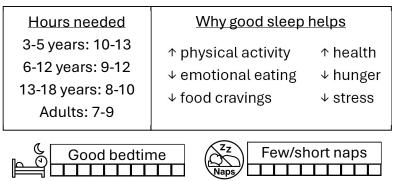
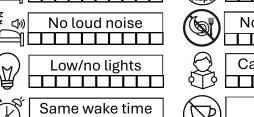
## Weight Management Action Plan

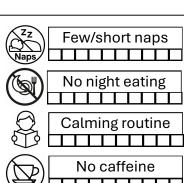
## Exercise



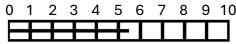
## Sleep



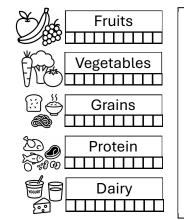




Fill in each bar to show how well you did with each category.



## **Food groups**



- Fruits/vegetables: eat several servings daily and avoid juice.
- Grains: mostly eat "100% whole", which may include pasta, cereal, oatmeal, quinoa, & brown rice.
- Protein: salmon, baked or grilled poultry, lean beef, eggs, nuts, beans, peas, & lentils are options.
- Dairy: aim for 2-3 servings daily (examples: milk, yogurt, cheese).

