





Weight Management Action Plan









Exercise

<u>Activity goals</u>	<u>Why exercise helps</u>
Light: sit less, move more	↑ health ↑ metabolism
Moderate: ≥ 60 min/day	↑ sleep ↑ mental health
Vigorous: ≥ 3x/week	↑ strength ↑ cognition
Muscle building: ≥ 3x/week	↑ fitness ↓ visceral fat

	Light activity								
	Moderate activity								
	Vigorous activity								
	Muscle building								

Sleep

<u>Hours needed</u>	<u>Why good sleep helps</u>
3-5 years: 10-13	↑ physical activity ↑ health
6-12 years: 9-12	↓ emotional eating ↓ hunger
13-18 years: 8-10	↓ food cravings ↓ stress
Adults: 7-9	






	Good bedtime		Few/short naps
	No loud noise		No night eating
	Low/no lights		Calming routine
	Same wake time		No caffeine

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

0 1 2 3 4 5 6 7 8 9 10

[illegible]

Food groups

	Fruits
	Vegetables
	Grains
	Protein
	Dairy

- **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).

Look here to learn about each topic →



Nutrition principles

Hunger vs appetite

- Hunger vs appetite**
- Avoid sugary drinks**
- Avoid fullness**
- Small portions**
- Eat slowly**
- Eat breakfast**
- Socialize well**
- Give healthy options**