

Name: _____

Date: _____

Exercise Goals	<ul style="list-style-type: none"> Exercise type: Sessions per week: Minutes per session
	<ul style="list-style-type: none"> Upper extremity (arms/back/stomach) resistance training: Light weights (2 to 5 pounds) Nautalis at the YMCA 8 to 12 repetitions, 1-2 sets of each, every other day.
	Ways to be more active:
Nutrition goals	3 vegetables/2 fruits per day:
	Fish (not fried) twice a week:
	Red meat or fried foods:
	Eat breakfast with protein:
	Plate ½ vegetables; ¼ starch; ¼ protein
	Eat at table (no TV)
	Low fat (skim or 1%) dairy products:
	Use low saturated fat margarine:
	Ways to eat healthier:
Stress Management	<p>Pay attention to your body and cues for stress: body tension ≤ , mental tension ≤ , irritable ≤ , impatient ≤ , not sleeping well ≤ , spirits are low ≤</p> <p>1. Stop 2) Take a breathe 3) Reflect on mind/body cues that you are tense.</p>
	Practice relaxation/breathing 10 minutes each day:
	Healthy pleasures: time for fun each day ≤ , time for family and friends ≤ , time for things that are important to you ≤
Smoking	<p>Plan for smoking cessation: QuitWorks ≤ , other:</p> <p>Quit date:</p> <p>Goals for cutting down:</p>
Weight	<p>Short term goal: ½ to 1 pound/week ≤ , 1 to 1 ½ pound/week ≤</p> <p>Program goal: (13 weeks)</p>