

# GETTING AHEAD (A)

<p>I drank a cola/ soda. <b>5 Steps</b></p>	<p>I ate potato chips. <b>2 Steps</b></p>	<p>I drank an energy drink. <b>5 Steps</b></p>	<p>I ate cookies. <b>4 Steps</b></p>
<p>I ate string beans. <b>7 Steps</b></p>	<p>I ate rice &amp; beans. <b>12 Steps</b></p>	<p>I ate peanut butter &amp; jelly. <b>9 Steps</b></p>	<p>I drank orange juice. <b>7 Steps</b></p>
<p>I ate a ham &amp; cheese sandwich. <b>9 Steps</b></p>	<p>I ate an apple. <b>7 Steps</b></p>	<p>I drank a glass of milk. <b>8 Steps</b></p>	<p>I ate whole-grain bread. <b>7 Steps</b></p>
<p>I ate a baked potato. <b>8 Steps</b></p>	<p>I ate a bowl of vegetable soup. <b>11 Steps</b></p>	<p>I ate ice cream. <b>4 Steps</b></p>	<p>I ate a banana. <b>7 Steps</b></p>

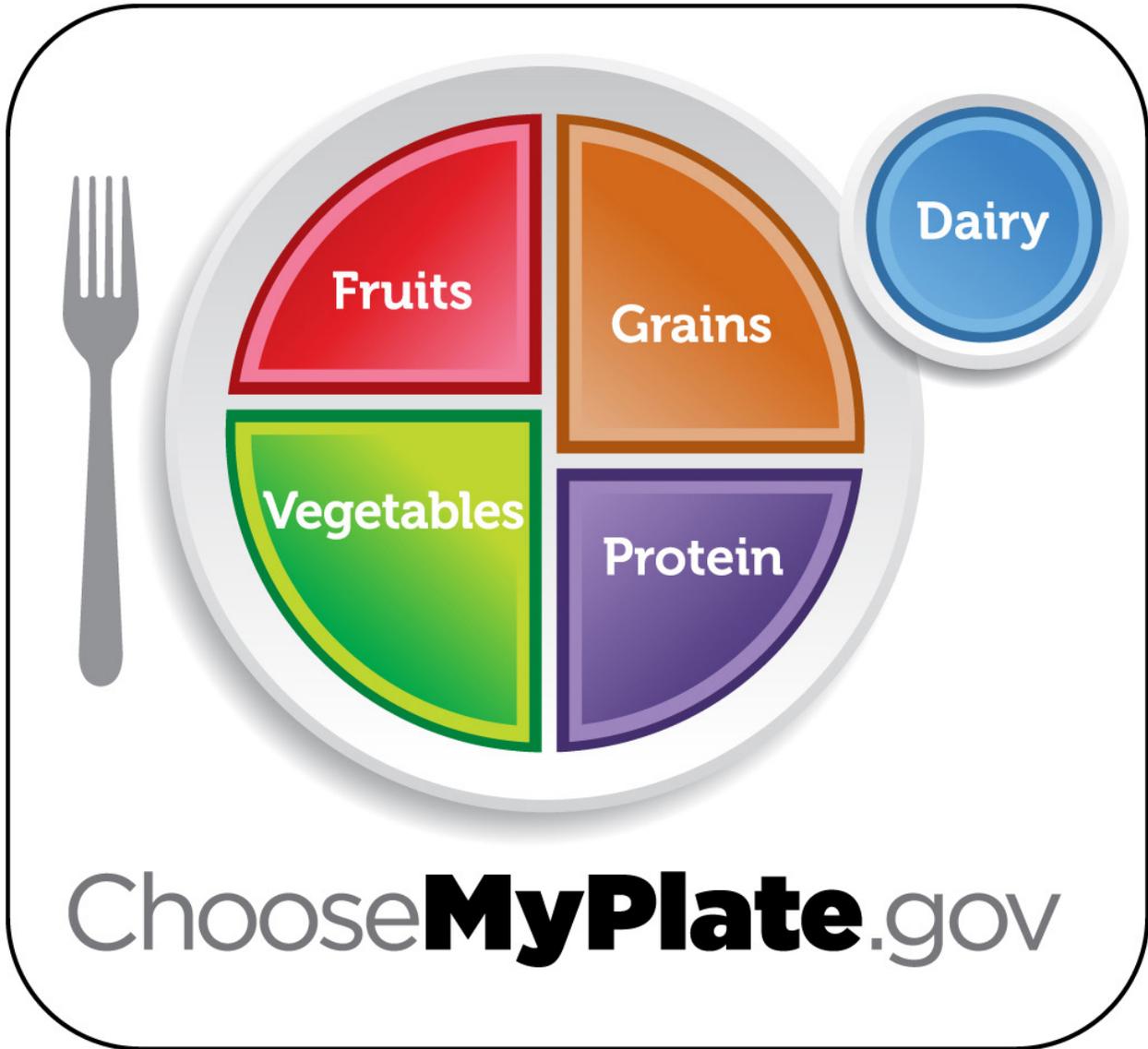


# GETTING AHEAD (B)

<p>I stayed up late gaming. <b>5 Steps</b></p>	<p>I rode my bike after school. <b>8 Steps</b></p>	<p>I watched TV after school. <b>0 Steps</b></p>	<p>I went to bed early. <b>10 Steps</b></p>
<p>I played a game outdoors. <b>10 Steps</b></p>	<p>I stayed up late doing homework. <b>5 Steps</b></p>	<p>I ran a mile. <b>8 Steps</b></p>	<p>I stayed up late talking on the phone. <b>5 Steps</b></p>
<p>I did my homework right after school. <b>10 Steps</b></p>	<p>I walked instead of riding in a car. <b>8 Steps</b></p>	<p>I stayed up late for no reason. <b>5 Steps</b></p>	<p>I raked leaves. <b>8 Steps</b></p>
<p>I ate broccoli. <b>8 Steps</b></p>	<p>I ate a balanced dinner. <b>10 Steps</b></p>	<p>I ate a candy bar. <b>3 Steps</b></p>	<p>I ate a hamburger. <b>5 Steps</b></p>



# MYPLATE



# My Action Plan

*Cereal, milk, banana, orange juice*

## Breakfast

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

Wake-up time: \_\_\_\_\_  
Bedtime: \_\_\_\_\_

## Dinner

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

## Snacks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Lunch

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

## Exercise

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_