



GETTING AHEAD (A)



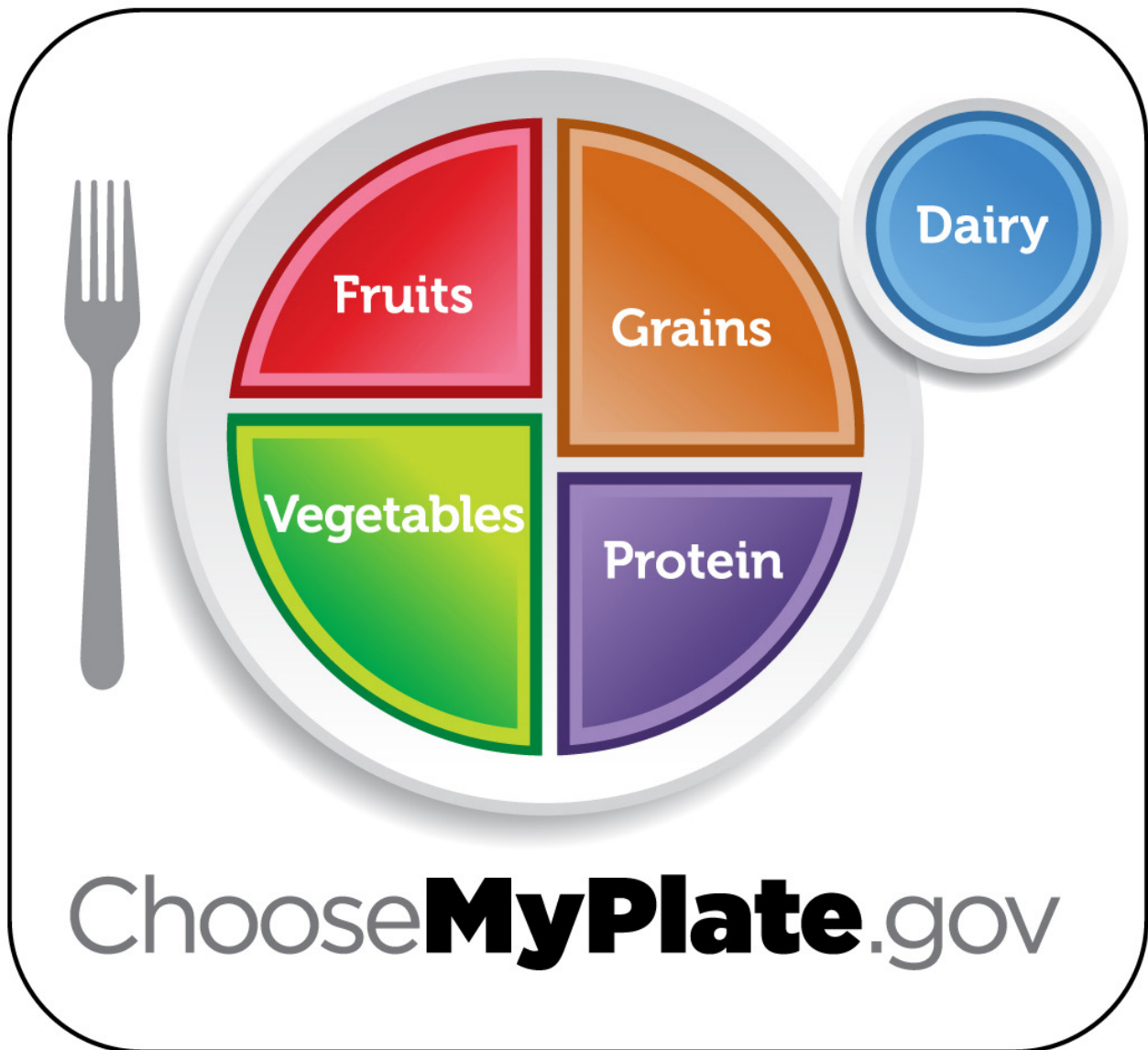
I drank a cola/ soda. 5 Steps	I ate potato chips. 2 Steps	I drank an energy drink. 5 Steps	I ate cookies. 4 Steps
I ate string beans. 7 Steps	I ate rice & beans. 12 Steps	I ate peanut butter & jelly. 9 Steps	I drank orange juice. 7 Steps
I ate a ham & cheese sandwich. 9 Steps	I ate an apple. 7 Steps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

GETTING AHEAD (B)



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