

First Step Journal

Name _____

Date _____

Challenges / Goals / Strategies

Main Challenge / Strategies:

Behaviour Goal / Strategies:

Exercise Goal / Strategies:

Spiritual Goal / Strategies:

Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner
Snacks	Snacks	Snacks
Grains 0 0 0 - 0 0 - 0 - 0 0 Veg. 0 0 0 0 0 Fr. 0 0 - 0 0 0 Milk 0 0 - 0 Healthy Fats 0 0 0 - 0 0 Meat + Alternatives 0 0 - 0 Water 0 0 0 0 0 0 0 0 Activity 0 0 Other <150: Fed My Soul []	Grains 0 0 0 - 0 0 - 0 - 0 0 Veg. 0 0 0 0 0 Fr. 0 0 - 0 0 0 Milk 0 0 - 0 Healthy Fats 0 0 0 - 0 0 Meat + Alternatives 0 0 - 0 Water 0 0 0 0 0 0 0 0 Activity 0 0 Other <150: Fed My Soul []	Grains 0 0 0 - 0 0 - 0 - 0 0 Veg. 0 0 0 0 0 Fr. 0 0 - 0 0 0 Milk 0 0 - 0 Healthy Fats 0 0 0 - 0 0 Meat + Alternatives 0 0 - 0 Water 0 0 0 0 0 0 0 0 Activity 0 0 Other <150: Fed My Soul []

Notes

Health Guidelines:

Fibre: 21 - 35 grams / day
[C.F.G. Recommendations]

Fat: Less than 30% / day
Less than 10% Saturated
No Trans Fats
[C.F.G. Recommendations]
25 - 35 grams
[National Wt. Registry]

Sodium: 2300 mg or less
1500 mg or less if ↑ BP
[Health Canada]

Sugar: less than the equivalent of
6 [F] - 9 [M] added tsp per day
1 tsp = 4 gr. = 16 calories
- gr ≈ 100-150 cal.
[American Heart Association - 2009]

Activity: 30 - 60 min. / day
[Aim for min. of 10,000 steps / day (CDA)]
Strength Training: 3 x / week.
Stretching: Every Day
[Health Canada] Updated 06/01/10