

# 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 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 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 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 Guideline]

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

**Sugar:** less than the equivalent  
of 10 added tsp. / day  
[50 grams] all sources  
[World Health Org.]

**Activity:** 30 - 60 min. / day  
[Aim for min. of 10,000 steps / day]  
Strength Training: 2 x / week.  
Stretching: Every Day  
[Health Canada] Reviewed 22/08/08