Check the box that represents the cups of **fruits** you ate yesterday.

Check the box that represents the cups of **vegetables** you ate yesterday.

Write the total number of minutes you spent doing physical activity yesterday.

Some examples of moderate-intensity physical activity are:

- Walking briskly ______________
- Mowing the lawn ______________
- Aerobics ____________________
- Weight lifting________________
- Jogging _____________________
- Dancing_____________________
- Swimming____________________
- Stationary cycling____________
- Active walking or running with grandchildren____________
- Other_______________________

Total Cups of Fruits and Vegetables ________ cups

Total minutes of physical activity _______ minutes
Benefits

Benefits of eating at least 3½ cups of fruits and vegetables every day:

- Help prevent or delay the effects of chronic diseases such as obesity, hypertension, and heart disease
- Maintain strong healthy bones
- Get some of the vitamins, minerals, and fiber needed to maintain good health
- Maintain regularity
- Add color, taste, and variety to your diet

Benefits of participating in at least 30 minutes of physical activity most days:

- Help prevent or delay the effects of chronic disease
- Feel better
- Decrease stress, anxiety, and mild depression
- Build and maintain healthy bones, muscles, and joints
- Improve strength
- Increase balance and reduce the risk of falling
- Improve sleep