



# How Did I Do Yesterday?

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

2 cups

1½ cups

1 cup

½ cup

None

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

2 cups

1½ cups

1 cup

½ cup

None

<b>Total Cups of <u>Fruits</u> and <u>Vegetables</u></b>	_____ cups
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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 \_\_\_\_\_



<b>Total minutes of physical activity</b>	_____ minutes
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# How Did I Do Yesterday?

## 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