Set Your Goals

Recommended Goals

1. Eat at least 3 1/2 cups of fruits and vegetables every day.
2. Participate in at least 30 minutes of moderate-intensity physical activity most days.

My Personal Goals

I will eat ________ cup(s) of **fruits** and ________ cup(s) of **vegetables** every day.

I will get at least ________ minutes of **moderate-intensity physical activity** on ________ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td><strong>Cups of fruits</strong></td>
<td># of cup(s)</td>
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<td><strong>Cups of vegetables</strong></td>
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<td><strong>Minutes of physical activity</strong></td>
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These four exercises are designed to help you increase flexibility. Each one can be done in a seated position or standing up. In addition to at least 30 minutes of moderate intensity physical activity, include these exercises in your daily program.

1. **Neck Rolls**

   - Sit or stand with straight posture
   - Roll head towards right shoulder
   - Roll head towards back
   - Roll head towards left shoulder
   - Roll head towards chest
   - Do these motions fluidly, 10 times in one direction
   - Repeat 10 times in the other direction

Begin your exercise session by taking 5 deep breaths – in through your nose and out through your mouth.

2. **Shoulder Rolls**

   - Sit or stand with straight posture
   - Roll shoulders forward
   - Repeat 10 times
   - Roll shoulders backward
   - Repeat 10 times
3 Wrist Rotations

- Sit or stand with straight posture
- Hold both hands in front of body, arms outstretched
- Rotate wrists in a circle in one direction
- Repeat 10 times
- Rotate wrists in a circle in the other direction
- Repeat 10 times

4 Ankle Rotations

- Sit or stand with straight posture
- If sitting, lift both feet off the floor
- If standing, hold back of chair and lift right foot off the floor
- Rotate ankle(s) in a circle in one direction – Repeat 10 times
- Rotate ankle(s) in a circle in the other direction
- Repeat 10 times
- If standing, repeat with left foot
Tips

**Tips for eating more fruits and vegetables:**
- Use EBT benefits to purchase fruits and vegetables
- Get canned fruits and vegetables from Food Distribution Programs, such as food banks or food pantries
- Apply for Senior Farmers’ Market Program
- Apply for Commodity Supplemental Food Program if available.
- Buy canned or frozen fruits and vegetables on sale
- Choose produce in season

**Tips for participating in more physical activity:**
- Park car farther from the store or office
- Take the stairs instead of elevator
- Walk and talk with friends
- Participate in active play with grandchildren
- Dance around the house!

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<tr>
<th>Fruit or Vegetable</th>
<th>Price</th>
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Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

Today’s Date: ________________________________

1. How useful was the information you learned from this session?
   (Mark one response.)
   - [ ] Not at all useful
   - [ ] Somewhat useful
   - [ ] Useful
   - [ ] Very useful

   Why or why not?
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

2. Are you planning to eat more fruits and vegetables next week?
   (Mark one response.)
   - [ ] Yes
   - [ ] No
   - [ ] I am not sure

3. Are you planning to increase your physical activity next week?
   (Mark one response.)
   - [ ] Yes
   - [ ] No
   - [ ] I am not sure

4. What did you like the most about this session?
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

5. What did you like the least about this session?
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

6. How did you hear about this Eat Smart, Live Strong session?
   (Mark all that apply.)
   - [ ] Supplemental Nutrition Assistance Program office
   - [ ] Friend
   - [ ] Senior center
   - [ ] Poster
   - [ ] Flyer
   - [ ] Newsletter
   - [ ] Place of worship
   - [ ] Other – specify
   __________________________________________

7. In which programs do you participate?
   (Mark all that apply.)
   - [ ] Supplemental Nutrition Assistance Program
   - [ ] Commodity Supplemental Food Program
   - [ ] Senior Farmers’ Market Nutrition Program
   - [ ] Home delivered meals
   - [ ] Congregate meals
   - [ ] Food bank or pantry
   __________________________________________

Thank you for participating in Eat Smart, Live Strong!