



Healthy Living Form

You must use this form to complete the Healthy Living Plan

Write your answers in the spaces provided.

Name: _____

Student #: _____

Step 1 – Healthy Eating Response

Gender: () Age: ()

Food Group	Servings Required per Day
Fruit and Vegetables	
Grain Products	
Milk and Alternatives	
Meat and Alternatives	

What is a serving size? Give two examples of serving sizes using typical foods.

What food group did you consume the most of over the three days?

Did you consume the minimum suggested amounts for each of the food groups as outlined by the Canada Food Guide?

If your answer is no, name the food groups you should consume more of.

My daily calorie needs are:	A =
The calories in the McDonald's meal are:	B =
The calories I can still consume after eating the McDonald's meal	C = A - B

Are you surprised by this answer? What does this number tell you about what you can still eat for the remainder of your day if you are to remain within your recommended calorie intake?

From what you have learned, explain three ways that you could improve your diet?

1	
2	
3	

Step 2 – Fitness & Exercise Response

In the chart below, list 5 options for physical activity, and the positive and negative aspects of each.

Activity	Positive Aspect(s)	Negative Aspect(s)
1		
2		
3		
4		
5		

In the chart below, list 5 different **non-school activities** that you do or **could** participate in. Also list the contact details for the facility / team and the date, time and cost of the programs.

Facility	Address / Contact Number	Activity you would like to participate in	Date / times / cost of program or class
1			
2			
3			
4			
5			

Write a paragraph explaining how you will keep fit in the future.



You're halfway there!

Step 3 – Stress Management Response

My score in the stress quiz was: _____

List and explain the three most stressful factors in YOUR life that you identified from the quiz above.

1	
2	
3	

List and explain the four stress management strategies that you think would be the most useful in reducing the stress in your life.

1	
2	
3	
4	

Step 4 - Personal Health Summary

Write a short response (100 words) describing:

- How the completion of this project will help you to make good choices with regard to your overall diet and exercise plans in the future.

You're almost done!

Proof read your work. Correct spelling errors, fat-fingered typos and sentences that do not make sense.

Create your title page that includes:

- *Title "My Healthy Living Plan"*
- *Your name, student number*
- *The date it was completed*



Staple the title page to the front of this response template. Hand it in!

Congratulations, you are finished. **Hand in your project TODAY!**