

## LINE MASTER 2-6 ■ HOW I MEASURE UP

Check off the following statements once a week and track your progress.  
Ask for a new line master each time you do a check.

### My Checkpoints



#### My Nutrition Check-up

- |  |                          |
|--|--------------------------|
| I eat several servings of fruits or vegetables daily.                            | <input type="checkbox"/> |
| I eat several servings of grain products (e.g., bread, pasta, brown rice) daily. | <input type="checkbox"/> |
| I eat or drink several milk or alternative products (e.g., soy milk) daily.      | <input type="checkbox"/> |
| I eat one to two servings of meat or meat alternatives (e.g., tofu) daily.       | <input type="checkbox"/> |

#### My Exercise Check-up

- |  |                          |
|--|--------------------------|
| I exercise at least three times per week.            | <input type="checkbox"/> |
| My workout lasts between 30–60 minutes.              | <input type="checkbox"/> |
| Exercise raises my heart rate to its training range. | <input type="checkbox"/> |
| I walk and take the stairs whenever I can.           | <input type="checkbox"/> |

#### My DO List

- |  |                          |
|--|--------------------------|
| I eat foods from a variety of food groups.     | <input type="checkbox"/> |
| I eat breakfast.                               | <input type="checkbox"/> |
| I drink water and low-fat milk, and avoid pop. | <input type="checkbox"/> |
| I limit my fast food intake.                   | <input type="checkbox"/> |

#### My DON'T List

- |   |                          |
|---|--------------------------|
| I don't diet (even if I cut out some high-calorie foods). | <input type="checkbox"/> |
| I don't skip meals.                                       | <input type="checkbox"/> |
| I avoid sugar and caffeine.                               | <input type="checkbox"/> |
| I ask my doctor before eliminating a whole food group.    | <input type="checkbox"/> |

Progress I Made This Week	My Goals for Next Week