health matters

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Program Guidelines - Calories Count

- Eat at least 2 servings of fruits each day *AND*
- Eat at least 3 servings of vegetables each day

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.