

## **Diet Checklist**

This checklist is available if you think you would find it helpful.

Print off one page per week, keep it on your fridge, and use it to help you remind yourself what you need for a balanced diet and healthy lifestyle.

## Checklist for Healthy Living

### Daily

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Vegetable							
Vegetable							
Vegetable							
Vegetable							
Fruit							
Fruit							
Protein							
Protein							
Milk							
Walk outside (# minutes)							

### Weekly

Fish	
Fish	
30 min exercise	
30 min exercise	
30 min exercise	