

# Personal Healthy Living Plan Assignment



Complete this Healthy Living Plan using the FOUR HEADINGS below and attach your detailed responses to this cover page.

## Heading I Sound Nutritional Habits

1. Make a log like the one below to track what you eat over the next three days (repeat the chart for each of the three days). Record how much you eat and when.

Date: _____	Food Eaten	How Much Eaten
Breakfast		
Lunch		
Dinner		
Snacks		

2. Go to the Canada's Food Guide site: [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

3. From the site above, click on “**Create MY Food Guide**” and then click “**Start Building My Food Guide**”. Complete this, print it off and include it in this section of your Transition Plan.

### Start building My Food Guide!



4. Note what Canada's Food Guide says is important to eat on a daily basis for good health. COMPARE your eating habits with these recommendations. Based on what the Food Guide says, what menu changes, if any, would you make to the three days of meals you tracked and to those that you eat IN GENERAL? Why?

## Heading II Regular Exercise Routines

1. Explain what exercise routines you are currently involved in. How do these connect to the completion of your daily physical activity (DPA) requirement? (Are they the same ones...different...additional?)
2. What are some of the challenges you personally encounter as you develop or maintain a regular habit of exercising?
3. What benefits does a regular exercise provide you personally?

## Heading III Emotional Health Management

1. What does it mean to be emotionally healthy?
2. Visit the Canadian Mental Health website and read about stress. Take the stress test and record your score. [http://www.cmha.ca/bins/content\\_page.asp?cid=2-28&lang=1](http://www.cmha.ca/bins/content_page.asp?cid=2-28&lang=1)
3. How do you positively manage your emotions when you get uncomfortable with them? Give two real-life examples of the techniques/strategies you use to help you during these times.

## Heading IV Positive Health Choices

1. For EACH of the three parts above (I, II and III), describe one positive health change that you have made or intend to make (three changes in total). Explain why these changes are important to you.
2. Discuss TWO health areas for which you have chosen to make positive health choices (e.g. drugs/alcohol/tobacco consumption, sexual health, healthy relationships, injury prevention, risk management, road safety, work safety etc.). Explain why you have made these choices.