

Yo...what's Important to You?

Check (✓) what you care about. Add any other goals that are important to you, too.

Do you want to...

- Feel good?
- Have energy for active, fun things?

What? _____

- Look your best?
- Get good grades?
- Do well at something special?

What? _____

You can do it! Reaching your personal goals just takes a little thinking, some planning, and the commitment to face challenges. **Remember:** Your goals may differ a little from what your friends or family members care about. If you respect one another's different priorities and choices, that's okay!

To Help You Reach Your Goals...Eat Smart, Move Enough!

Take a quick look to see how your food choices and physical activities stacked up today.

Today - Did you choose enough:

- Vegetables?

- Fruits and fruit juices?

- Milk and foods made from milk?

(Use the Pyramid and the serving sizes to help you decide. **Tip:** What counts is what and how much you eat over several days-not just one day or one meal.)

Did you "Power Up":

- At least 60 minutes of fun, physical moves today?

- Enough, do you think?

Why? _____

Adapted from *The Power of Choice Leader's Guide*