

# My Take Home Action Plan

## Session 4: Fueling Brain and Body

GET SMART:

Smart, Measurable, Action-based,  
Realistic and Time-bound

T  
R  
A  
C  
K

### MINDFULNESS FOCUS

1. I will take note of how many times I eat each day. Aim for 3 small meals and 1 – 2 snacks per day.
2. I will plan ahead for vulnerable meals and pre-prep ahead of time with strategies for success.
3. I will balance meals and snacks by incorporating fiber, protein and healthy fat.

1. I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fuel my brain for optimal performance.

### ACTIVITY FOCUS

1. I will begin or maintain a total body strength-training program (at least 20 minutes) 2 – 3 times / week.
  - Aim for 3-5 sets of 6 – 12 repetitions
  - If unable to do a total body program, split up your routine (upper body and/or lower-body as necessary).
2. Consider strength training using either:
  - Own body weight.
  - Free-weights.
  - Resistance bands.
  - Machines in the gym/home.
  - Circuit Training Program.
  - Kettle-bells.
  - Group Class.
  - DVD/Video, Phone App, Web-based program.
  - Other: \_\_\_\_\_.

1. I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Strength Train for at least 20 minutes, 2-3 times / week

### NUTRITION FOCUS

1. I will calculate how many grams of protein I need each day. Use the following formula:
  - > If Sedentary:  $.36 \times \text{body weight in lbs.} = \text{___ g / day.}$
  - > If Active:  $.54 \times \text{body weight in lbs.} = \text{___ g / day.}$
2. Choose a method to measure/assess portions:
  - Use measuring cups, spoons, or food scale.
  - Use my own hand.
  - Use a 9-inch plate and follow MyPlate Guidelines (Fill  $\frac{1}{2}$  plate with fruits/veggies,  $\frac{1}{4}$  with whole grains,  $\frac{1}{4}$  with lean protein, and 8 oz. cup of low-fat yogurt or milk on the side).
  - Use individual containers, baggies to help pre-portion foods.
3. I will follow a meal plan for my calorie needs.
4. I will choose snacks/meals based on fueling my body and mind for the long-haul rather than turning to short-term/quick-fix meals/snacks (candy bars, fast-food, etc.).

1. I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fuel my body for optimal performance – more fruits/veggies at meals/snacks and practice portion control.

G  
O  
A  
L

# SMART GOAL STARTERS AND EXAMPLES

## MINDFULNESS

- 1. I will eat 3 smaller meals / day and 1 – 2 small snacks. Meals/snacks will include at least:**
  - 1 fruit without added sugars/fats.
  - 1-2 vegetables without added fats/sugars and/or dressings/sauces on the side.
- 2. I will include a lean protein source and/or a healthy fat at my mealtimes/snacks. Examples include:**
  - Boneless, skinless chicken breast.
  - Turkey.
  - Lean roast beef.
  - 93% lean ground beef/turkey.
  - Tofu.
  - 1-2 eggs or egg-whites.
  - ½ cup beans.
  - 1 Tbsp. nut butter.
  - 2 Tbsp. hummus.
  - ½ cup low-fat cottage cheese.
  - 1 mozzarella cheese stick.
  - 6 – 8 oz. Greek yogurt.
  - ¼ avocado.
  - Other: \_\_\_\_\_
- 3. I will pack healthy meals/snacks to eat during the day to help avoid “last-minute” runs to fast food restaurant and/or the vending machine.**

Fuel my brain for optimal performance.

## ACTIVITY

- 1. I will begin or maintain a total body strength-training program (at least 20 minutes) 2 – 3 times / week.**
  - Include 3-5 sets of 6 – 12 repetitions per set.
  - If unable to do a total body program, split up my routine (upper body and/or lower-body as necessary).
- 2. I will strength training using (check any/all options that apply):**
  - Own body weight.
  - Free-weights.
  - Resistance bands.
  - Machines in the gym/home.
  - Circuit Training Program.
  - Kettle-bells.
  - Group Class.
  - DVD/Video, Phone App, Web-based program.
  - Other: \_\_\_\_\_

Strength Train for at least 20 minutes 2-3 times / week

## NUTRITION

- 1. I will aim for at least \_\_\_\_\_grams of protein each day. (Use the formula on page 1.)**
- 2. I will measure my food portions using (check all that apply):**
  - Measuring cups, spoons, or food scale.
  - My own hand.
  - A 9-inch plate and follow MyPlate Guidelines (Fill ½ plate with fruits/veggies, ¼ with whole grains, ¼ with lean protein, and 8 oz. cup of low-fat yogurt or milk on the side).
  - Individual containers or baggies.
  - Other: \_\_\_\_\_.
- 3. I will follow the meal plan provided in class to help me understand/plan my food intake.**
- 4. I will choose snacks/meals aimed at fueling my body (fresh fruits/veggies, lean protein, whole grains, healthy fats) and rely less on pre-packaged/highly processed foods.**
- 5. I will include a lean protein source and/or a healthy fat at my mealtimes/snacks. Examples include:**
  - Boneless, skinless chicken breast.
  - Lean roast beef.
  - 93% lean ground beef/turkey.
  - Tofu.
  - 1-2 eggs or egg-whites.
  - ½ cup beans.
  - 1 Tbsp. nut butter.
  - 2 Tbsp. hummus.
  - ½ cup low-fat cottage cheese.
  - 1 mozzarella cheese stick.
  - 6 – 8 oz. Greek yogurt.
  - ¼ avocado.
  - Other: \_\_\_\_\_

Fuel my body for optimal performance – more fruits/veggies at meals/snacks and practice portion control.