### My Take Home Action Plan

**Session 4: Fueling Brain and Body**

#### 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.

#### 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: ____________________________.

#### NUTRITION FOCUS

1. I will calculate how many grams of protein I need each day. Use the following formula:
   - If Sedentary: \( 0.36 \times \text{body weight in lbs.} = \_\_\_\_\_ g / \text{day} \).
   - If Active: \( 0.54 \times \text{body weight in lbs.} = \_\_\_\_\_ g / \text{day} \).
   - 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.
     - Use individual containers, baggies to help pre-portion foods.

2. I will follow a meal plan for my calorie needs.

3. 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.).

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**T R A C K G O A L**

**Fuel my brain for optimal performance.**

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

**Eat more fruits/veggies at meals/snacks and practice portion control.**

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**GET SMART:**
- Smart, Measurable, Action-based, Realistic and Time-bound

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**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.

### 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: _____________________

### 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 ⅓ plate with fruits/veggies, ⅔ with whole grains, ⅓ 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/veg, 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: _____________________

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Fuel my brain for optimal performance.

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

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