Healthy Dinner Club

MAKE YOUR CALORIES COUNT.

health matters

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS

Cessna
A Textron Company

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Healthy Dinner Club - February 2010
Program Guidelines

- Enjoy a healthy dinner with correct portion sizes each evening during February
- Eat any variety of whole grains, fruits, vegetables, lean meat, ***or*** low-fat dairy products

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and well-being matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.

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