health matters

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.

Program Guidelines - Read The Label

- Read the ***Nutrition Facts*** on the package of the food item you buy or eat
- Choose healthier foods by comparing food labels when buying food and planning meals

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