PASSPORT

To a Healthy Lifestyle
Passport to a Healthy Lifestyle

I confirm that I have taken the steps in this packet towards a balanced and healthy lifestyle for days 1 and 2 of Career Explorations.

Signature of Participant

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Six Tips for Youth to Stay Fit

1. Eat Breakfast to help maintain a healthy weight.
2. Bring a bottle of water with you wherever you go.
3. Wear comfortable shoes—it makes walking more fun.
4. Eat because you are hungry, not for other reasons.
5. Choose water or milk - a soda contains 250 calories!
6. Play actively doing anything you want—hiking, swimming, riding bikes—for an hour a day.

Brought to you by

Cornell University
Division of Nutritional Science
Keep on Going...

- Got eight hours of sleep last night
- Wore a pedometer and took at least 10,000 steps
- Consumed 3 or more servings of low fat dairy foods (or calcium equivalent)
- Ate at least 2 whole grain foods (ex. whole wheat bread, cereal, oatmeal, popcorn, brown rice, whole grain tortillas)
- Drank only water, milk, and 100% fruit juice
- Had breakfast
- Had a good laugh
- Made a new friend
- Ate 2 or more fruits
- Ate 3 or more vegetables

4-H CAREER EXPLORATIONS 2008

Name: ____________________________
County: ___________________________
Program: _________________________
Total Points: _______________________
(Tues. + Weds.)
Day 1: Tuesday, July 1

☐ Got eight hours of sleep last night............10 pts
☐ Wore a pedometer and took at least 10,000 steps .........................................................10 pts
☐ Consumed 3 or more servings of low fat dairy foods (or calcium equivalent)...........10 pts
☐ Ate at least 2 whole grain foods (ex. whole wheat bread, cereal, oatmeal, popcorn, brown rice, whole grain tortillas) .........................................................10 pts
☐ Drank only water, milk, and 100% fruit juice .................................................................10 pts
☐ Had breakfast .........................................................10 pts
☐ Had a good laugh ..................................................10 pts
☐ Made a new friend .............................................10 pts
☐ Ate 2 or more fruits ............................................10 pts
☐ Ate 3 or more vegetables ....................................10 pts

Total: /100

Day 2: Wednesday, July 2

☐ Got eight hours of sleep last night............10 pts
☐ Wore a pedometer and took at least 10,000 steps .........................................................10 pts
☐ Consumed 3 or more servings of low fat dairy foods (or calcium equivalent)...........10 pts
☐ Ate at least 2 whole grain foods (ex. whole wheat bread, cereal, oatmeal, popcorn, brown rice, whole grain tortillas) .........................................................10 pts
☐ Drank only water, milk, and 100% fruit juice .................................................................10 pts
☐ Had breakfast .........................................................10 pts
☐ Had a good laugh ..................................................10 pts
☐ Made a new friend .............................................10 pts
☐ Ate 2 or more fruits ............................................10 pts
☐ Ate 3 or more vegetables ....................................10 pts

Total: /100