

Long –term Personal Healthy Living Plan (Nutrition , Exercise and Health)

Name:		School:	
Current Grade:		Date:	

Sound Nutritional Habits

1. Complete the “One day record of your Food Intake”

[illegible]

2. How much food do you need everyday?

Go to (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>) and determine the number of serving you need for each Food Type:

Vegetable and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives

3. Physical Activity Coefficient

The following chart describes how each individual has a Physical Activity Coefficient. This determines how much Physical Activity each individual is doing daily.

Please select one of the following 4 choices.

Gender	Sedentary	Low Active	Active	Very Active
	Typical daily living activities (household tasks, walking to bus, etc.)	Typical daily living activities plus 30- 60 min of daily moderate activity	Typical daily living activities plus at least 60 min of daily moderate activity.	Typical daily living activities plus 60 min of moderate activity and 60 minutes of vigorous activity or 120 min of moderate activity.
Girls	1.00	1.16	1.31	1.56
Boys	1.00	1.13	1.26	1.42

My PAC is: _____

4. EER or Estimated Energy Requirements:

Age= age measured in years

Weight= weight measured in kilograms (kg)

Height= height measured in meters (m)

Girls EER: $135.3 - (30.8 \times \text{Age}) + \text{PAC} \times \{(10.0 \times \text{Weight}) + (923 \times \text{Height})\} + 25 =$

Boys EER: $88. - (61.9 \times \text{Age}) + \text{PAC} \times \{(26.7 \times \text{Weight}) + (903 \times \text{Height})\} + 25 =$

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5. Discuss your 1-day food intake in relation to your food requirements:

Do you eat well?

Was the one-day sample typical of your usual diet?

Do you find it difficult or easy to meet your nutritional needs?

Do you drink enough water each day?

Regular Exercise Routines

What are your personal fitness goals? (discuss the importance of exercise to your lifestyle and health)

How do your Daily Physical Activity (DPA) reflect these personal fitness goals?

How do you think you will maintain or improve your physical activity beyond high school? (discuss the challenges and or opportunities you may face)

Emotional Health Management

What stressors might affect you after you graduate? List three. For each stressor discuss some steps that you could take to deal with the stress.

1.

2.

3.

Positive Health Choices

Summarize your plan for positive health actions and choices for the future.