

# My Take Home Action Plan

## Session 4: Fueling Your Brain and Your Body

GET SMART:

Smart Measurable Action-based, Realistic, Time-lined



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### MIND-HEALTH FOCUS

1. Take note of how many times you eat each day. Aim for 3 small meals and 1 – 2 snacks per day.
2. Plan ahead for “vulnerable meals/snacks” by pre-prepping food ahead of time and bringing it with you.
3. Balance meals / snacks to incorporate fiber, protein, and/or fat.

1. I will \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Fuel my brain for optimal performance.

### ACTIVITY FOCUS

1. 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 per set
  - 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: \_\_\_\_\_

1. I will \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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

### NUTRITION FOCUS

1. Calculate how many grams of protein you need each day. Use the following formula:
  - > If Sedentary:  $.36 \times \text{body weight in lbs.} = \text{___ g / day.}$
  - > If Active:  $.54 \times \text{body weight in lbs.} = \text{___ g / day.}$
2. Choose a method to measure/assess portions:
  - Use measuring cups, spoons, or food scale
  - Use your own hand
  - Use a 9-inch plate and follow MyPlate Guidelines (Fill ½ plate with fruits/veggies, ¼ with whole grains, ¼ with lean protein, and 8 oz. cup of low-fat yogurt or milk on the side)
  - Use individual containers, baggies to help pre-portion foods
3. Follow a meal plan for your calorie needs to help you better understand/design your food intake.
4. Choose snacks/meals based on fueling your body and mind for the long-haul and sans the guilt rather than turning to short-term/quick-fix meals/snacks (candy bars, fast-food, etc.)

1. I will \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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

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# SMART GOAL STARTERS AND EXAMPLES



## Session 4: Fueling Your Brain and Your Body

### GET SMART:

Smart **M**easurable **A**ction-based, **R**ealistic, **T**ime-lined

### MIND-HEALTH

- 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  
And / Or
  - 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
  - 1/8 avocado
  - Other: \_\_\_\_\_
- 3. I will pack healthy meals/snacks to utilize during the day to help avoid “last-minute” runs to fast food restaurant and/or the vending machine.**

Fuel my brain for optimal performance.

### 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: \_\_\_\_\_

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

### 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 ½ plate with fruits/veggies, ¼ with whole grains, ¼ 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/veggies, lean protein, whole grains, healthy fats) and rely less on pre-packaged/highly processed foods. (See #1 under Mind-Health)**
- 5. I will include a lean protein source and/or a healthy fat at my mealtimes/snacks. Examples include (Same as #2 under Mind-Health):**
  - Boneless, skinless chicken breast or 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
  - 1/8 avocado
  - Other: \_\_\_\_\_

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