

## Eating for Energy Self-Assessment and Plan

Do you...?	Yes, I do this!	I want to work on this	Not for me
<b>Have a High-Energy Foundation</b>			
Manage stress and nurture yourself			
Get enough sleep			
Exercise most days			
<b>Eat for Energy</b>			
Eat a balanced plate for most meals			
Eat every 3-4 hours			
Eat mostly low glycemic-index grains & starches			
Listen to your hunger and fullness cues			
Get enough fluid			
If you like, enjoy coffee, but in moderation			
Limit alcohol (max 1/day women, 2/day men)			
<b>Eat for Wellness</b>			
Aim to cover about half your plate with fruits and vegetables at most meals			
Choose whole grains, limit refined grains			
Substitute healthy fats for saturated + trans fats			
Limit sugar (<6-12 tsp "free sugar"/day)			
Limit red meat (0-2 servings/week)			
Limit processed meat (0-1 serving/week)			

What is one Specific, Measurable, Attainable, Relevant, Time-Bound action you can take *this week* to boost your energy?

---



---

Is there anything that could make it difficult to accomplish your goal?

---



---

Can you think of ways to overcome these barriers? If not, you may need to modify your goal.

---