



MY EVERY DAY HEALTHY LIFESTYLE ACTION PLAN

NAME

DOB

DATE

GREEN ZONE

I FEEL GREAT!

My healthy lifestyle goal is: _____

I follow my healthy lifestyle plan every day to stay fit.
I am committed to staying healthy.

Healthy eating tips:

- Eat vegetables (2 to 3 cups a day).
- Eat fruits (1 to 2 cups a day).
- Drink water (8 cups a day).
- Exercise 60 minutes 3 to 5 days a week).

Doctor comments: _____

YELLOW ZONE

I CAN DO IT!

My goal is: _____

I have been off track for 1 day. I am not consistent with my healthy eating, drinking, and exercising.

Tips to help you get back on track:

- Talk to a case manager, health coach, parent, or teacher.
- Eat vegetables (2 to 3 cups a day).
- Eat fruits (1 to 2 cups a day).
- Keep a food and exercise log.
- Limit TV, video games, or computer use to 2 hours or less a day.
- Exercise 60 minutes 3 to 5 days a week.
- Eat healthy snacks (100 to 200 calories total a day).
- Drink water (8 cups a day).
- Eat lean meats.
- Eat whole grains.

Doctor comments: _____

RED ZONE

I NEED TO FOCUS!

My goal is: _____

I have been off track for a few days.

Tips to get healthy:

- Talk to a case manager, health coach, parent, or teacher.
- Eat vegetables (2 to 3 cups a day).
- Eat fruits (1 to 2 cups a day).
- Keep a food and exercise log.
- Limit TV, video games, or computer use to 1 1/2 hours or less a day.
- Exercise 60 minutes 5 to 7 days a week.
- Call my doctor for a referral to a weight loss program.
- Drink water (8 cups a day).
- Eat lean meats.
- Eat whole grains.

Doctor comments: _____

My next healthy lifestyle follow-up visit: _____

QUESTIONS?

- 24/7 Texas Children's Health Plan Nurse Helpline: 1-800-686-3831
- 24/7 Texas Children's Health Plan Behavioral Health Helpline: Medicaid/STAR: 1-800-731-8529; CHIP: 1-800-731-8528; STAR KIDS: 1-844-818-0125
- Member Services: Medicaid/STAR: 1-866-959-2555; CHIP: 1-866-959-6555; STAR KIDS: 1-800-659-5764

References:

1. United States Department of Agriculture (2018). My Plate My Wins. Retrieved from <https://www.choosemyplate.gov/find-your-healthy-eating-style-and-maintain-it-lifetime>
2. U.S. Department of Health and Human Services (2019). Physical Activity Guidelines for Americans. Retrieved from https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf