Your Goals for Go Wild with MyPyramid!
Be Active 60 minutes every day!

To be more physically active, my goal is to:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

How did you do? Rate yourself from 1-10.______

Grains – Make Half Your Grains Whole

To eat more whole grains, my goal is to:__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

How did you do? Rate yourself from 1–10.______
Vegetables – Vary your Veggies!

To eat more kinds of vegetables, my goal is to:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

How did you do? Rate yourself from 1-10._________

Fruits – Focus on Fruits!

To eat more fruit or drink 100% juice during the day, my goal is to:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

How did you do? Rate yourself from 1-10._________
Fats and Sugars – Know Your Limits

To choose drinks low in added sugar, I can:____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________
How did you do? Rate yourself from 1-10.________

To eat foods with less added fat, my goal is:____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________
How did you do? Rate yourself from 1-10.________
Milk – Get your Calcium-Rich Foods!

To get enough calcium-rich foods, I can:

_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________.

How did you do? Rate yourself from 1-10.________

Meat & Beans – Go Lean with Protein!

To eat more lean protein foods, I plan to:

_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________.

How did you do? Rate yourself from 1-10.________
Write about the changes you or your family have made to eat more healthy foods or be more physically active.
Write about what you learned during Go Wild with MyPyramid.