



Nutrition and Fitness for Laborers: Worksheets

The activities, resources and tools below are intended to supplement materials in the LHSFNA's *Nutrition and Fitness for Laborers: Adopting a Healthy Lifestyle* pamphlet.

SMART *Goal Setting*

Fill out this goal-setting worksheet and keep it with you as a reminder of your goal.

DATE: _____

SPECIFIC: (What? Where? Who?)

MEASURABLE: (How much? How often? How many?)

ATTAINABLE: (Achievable?)

REALISTIC: (Doable given current circumstances?)

TIMELY: (Starting when? Ending when?)

Put it all together. Write down your goal:



Weekly Meal Planner

	BREAKFAST	LUNCH	DINNER	SNACKS
Date:				
SUNDAY				
Date:				
MONDAY				
Date:				
TUESDAY				
Date:				
WEDNESDAY				
Date:				
THURSDAY				
Date:				
FRIDAY				
Date:				
SATURDAY				



Activity Planner

Fill this planner with the ways you plan to be physically active. Use this format or make your own, customized to your goal (e.g., four weeks instead of six).

DATE	<i>Monday:</i> _____ _____
DATE	<i>Tuesday:</i> _____ _____
DATE	<i>Wednesday:</i> _____ _____
DATE	<i>Thursday:</i> _____ _____
DATE	<i>Friday:</i> _____ _____
DATE	<i>Saturday:</i> _____ _____
DATE	<i>Sunday:</i> _____ _____



Planning for Challenges

Develop a plan of action so you can have a gameplan for how to react when faced with an obstacle. Consider a few challenges you are likely to encounter and then think about your plan of attack.

1. Challenge/obstacle:

Plan to overcome it:

2. Challenge/obstacle:

Plan to overcome it:

3. Challenge/obstacle:

Plan to overcome it:
