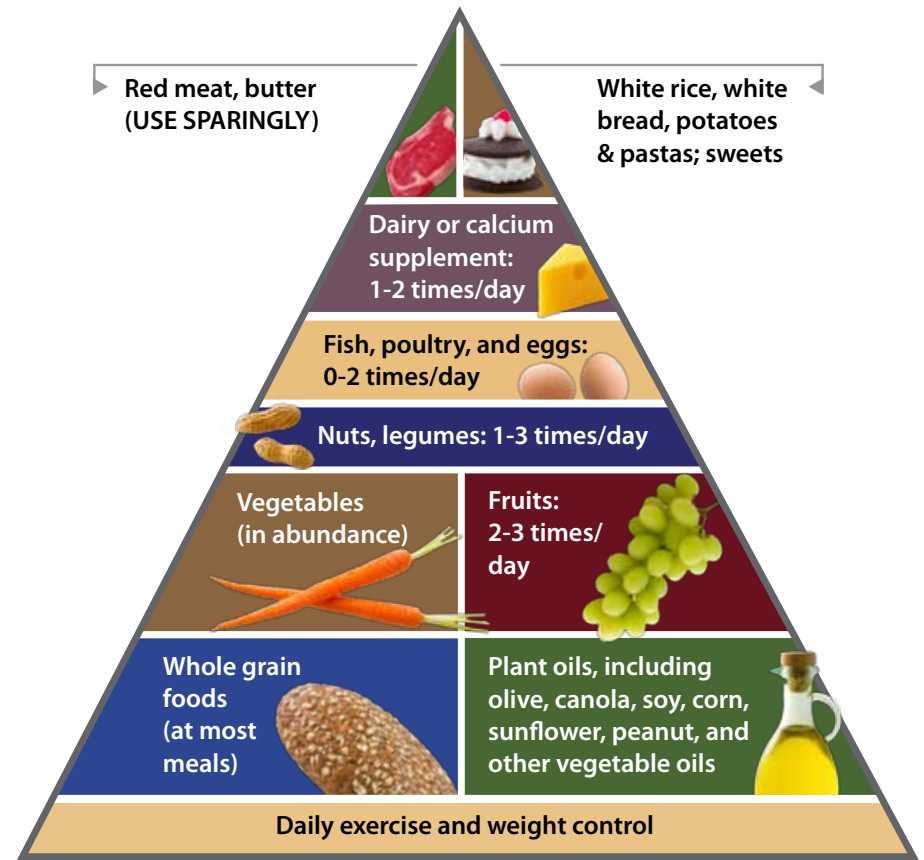


THE FIRST STEP TO A HEALTHIER LIFE

The City realizes its employees are its greatest assets and wants to help you implement and maintain a healthy lifestyle.

By working with you and your covered family members to create a healthy mind, body and spirit, the City knows it's investing in more than just your quality of life — it's investing in the future of Salt Lake City. Please print copies of the second page of this

document and take some time each day to jot down your fitness and dietary goals to take the first step to a healthier life.



Source: "The Culprit & The Cure"
Dr. Steven G. Aldana

THE NEW FOOD PYRAMID

SERVING SIZE GUIDELINES

- Handful = 1-2 oz
- Palm (no fingers) = 3 oz
- Fist = 1 cup
- Thumb = 1 oz
- Tennis Ball = 1 serving of fruit
- Finger tip to 1st joint = 1 teaspoon
- Thumb tip to 1st joint = 1 tablespoon
- Grain = 1 slice of bread
- Vegetable = 1 cup raw/leafy
- Vegetable canned/cook = about ½ size baseball
- Meat, poultry or fish = size of a deck of cards
- Dairy = 8 oz (Size of Yogurt)

DATE: _____ WEIGHT: _____

Daily Goal _____

Daily Activity _____

Reps, Sets or Duration _____

Goals/Plans _____

Other Notes _____

BREAKFAST

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

Beverage _____ Calories _____ Carbs _____ Fat _____

LUNCH

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

Beverage _____ Calories _____ Carbs _____ Fat _____

DINNER

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

Beverage _____ Calories _____ Carbs _____ Fat _____

SNACKS

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

DAILY TOTALS

Water _____ oz. Calories _____ Carbs _____ Fat _____

Day _____

DATE: _____ WEIGHT: _____

Daily Goal _____

Daily Activity _____

Reps, Sets or Duration _____

Goals/Plans _____

Other Notes _____

BREAKFAST

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

Beverage _____ Calories _____ Carbs _____ Fat _____

LUNCH

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

Beverage _____ Calories _____ Carbs _____ Fat _____

DINNER

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

Beverage _____ Calories _____ Carbs _____ Fat _____

SNACKS

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

_____ Calories _____ Carbs _____ Fat _____

DAILY TOTALS

Water _____ oz. Calories _____ Carbs _____ Fat _____

Day _____