

Champions for bringing
healthy choices to life.

the **MEAL** **GROCERY**
PLANNER & **LIST**



PennState
PRO Wellness

Faulkner
HARRISBURG



Penn State PRO Wellness is committed to educating and inspiring youth and their families to become champions for bringing healthy choices to life. Thanks to the support from our sponsor Faulkner Nissan Harrisburg, we are able to provide families, schools and community-based organizations with materials to educate and incorporate nutrition and physical activity into a daily healthy lifestyle.



Faulkner
HARRISBURG

► Use this weekly planner to plan your meals and groceries throughout each week. This all-in-one tool can help bring healthy choices to your life.



WHAT'S FOR DINNER?

Get plans out of your head and on to paper! Track and plan your meals to stay on track towards a healthier lifestyle.



GOT WATER?

Record how much water you drink* and log your daily steps to keep yourself hydrated and active.

*Hydration needs vary based on age and caloric intake.



FOOD FOR THOUGHT

Look for our weekly tips to help you along the way! Don't forget our kitchen conversion chart and ingredient substitutions on the back pages!



EAT THIS, NOT THAT

Stock your kitchen with a week full of delicious, healthy meals. Use our handy grocery list as a guide when shopping for the essentials.



HEALTHY LIFESTYLE TIPS

Reduce your portion sizes. Eat off of smaller plates.

Use oils instead of solid fats, like butter, to prepare your foods.

Choose a checkout line at the grocery store without a candy display.

Pick bright colorful foods. Fruits and veggies with bright colors are usually high in anti-oxidants.

Eat small meals throughout your day instead of three larger meals per day.

Drink plenty of water between or before meals, not just while you eat.

Eat more fruits. Fruits offer a plethora of vitamins and minerals.

Eat regularly. Healthy snacks between meals can help curb hunger.

week of: _____

WEEKLY
TIP:

Make it fun for kids to try new fruits and veggies by letting them pick out fresh produce in the grocery store.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Choose whole-grain foods, such as whole-wheat bread, popcorn, brown rice, oatmeal and cereal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Use liquid vegetable oils such as olive, safflower,
sesame and sunflower oils in place of butter and solid fats.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	

week of: _____

WEEKLY
TIP:

Help your children develop healthy habits early in life. Be a good role model, make it fun, and involve the whole family in lifestyle changes.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

breakfast:

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daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Explore new ways to add protein to a recipe! Chicken, fish and beans are good choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Food label quick tip: Look for foods with an increased percentage of vitamins, minerals, and dietary fiber but limit sodium, added sugars, saturated fat and trans fat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Cooking at home allows you to have more control over ingredients and portion sizes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

For snack time, keep fresh fruit and veggies on hand and accessible.
Your family will likely grab what's visible and ready to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Check the sodium content on nutrition labels. Most sodium in the American diet comes from processed and restaurant foods, not from the salt shaker!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	

week of: _____

WEEKLY
TIP:

A small handful of nuts or seeds can be a satisfying and healthy snack. Look for unsalted or lightly salted nuts such as almonds, hazelnuts, peanuts, pecans, pistachios and walnuts.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Veggies and fruits are loaded with nutrients and fiber,
and are typically low in calories and sodium—a win-win!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate ☹☹☹☹☹☹☹☹	hydrate ☹☹☹☹☹☹☹☹	hydrate ☹☹☹☹☹☹☹☹	hydrate ☹☹☹☹☹☹☹☹	hydrate ☹☹☹☹☹☹☹☹	hydrate ☹☹☹☹☹☹☹☹	hydrate ☹☹☹☹☹☹☹☹
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY

TIP:

Fresh, frozen or canned produce can all be healthy choices.

Just compare food labels and choose wisely!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

breakfast:

breakfast:

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daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

When cooking, use fresh or dried herbs and spices, or a salt-free seasoning blend,
in place of salt. Start light and season to taste.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

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hydrate 

hydrate 

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hydrate 

breakfast:

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daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY

TIP:

Try sparkling water, unsweetened tea or sugar-free beverages instead of sugar-sweetened soda or tea.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

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hydrate 

breakfast:

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daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Rethink your drink! Add lemon, lime or berries to beverages for extra flavor.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	

week of: _____

WEEKLY
TIP:

Save traditional desserts for special occasions. For a sweet treat try
a delicious smoothie, mixed berry and yogurt parfait, or a baked spiced apple or pear!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

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breakfast:

snack:

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daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Frying foods can add extra calories and unhealthy fats.
Instead, try roasting, grilling, baking or steaming.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Grow your own veggies. All you need is sun, water and an outside garden or a pot by the window.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate ☺☺☺☺☺☺☺☺	hydrate ☺☺☺☺☺☺☺☺	hydrate ☺☺☺☺☺☺☺☺	hydrate ☺☺☺☺☺☺☺☺	hydrate ☺☺☺☺☺☺☺☺	hydrate ☺☺☺☺☺☺☺☺	hydrate ☺☺☺☺☺☺☺☺
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Keep your recipes, grocery list and coupons
accessible to make planning and budgeting easier.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate 

breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:

week of: _____

WEEKLY
TIP:

Serving size does not always equal portion size. Check the serving size and servings per container because what might seem like a typical portion could actually equal two or more servings!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Get your kids in the kitchen! Start with easy, age-appropriate tasks to get them excited about eating healthy foods. For examples of recommended activities visit <http://bit.ly/cookingkidapproved>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

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breakfast:

snack:

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 daily step/exercise log

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 daily step/exercise log

week of: _____

WEEKLY
TIP:

Store frozen or canned fish and poultry to use in a quick and easy meal.
Choose the options canned in water and watch sodium content.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Eating healthy on a budget can be done. Many fruits, veggies and legumes (beans and peas) cost less than \$1 per serving.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Avoid added sugars in beverages and cereals. Some common ingredient names for added sugar are high-fructose corn syrup, dextrose and sucrose.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	

week of: _____

WEEKLY
TIP:

Make your plate colorful! Your family will be more attracted to a meal that looks fun and appetizing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate 

breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:

week of: _____

WEEKLY
TIP:

Get your family's day off to a good start by sneaking fruits and veggies into meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	

week of: _____

WEEKLY
TIP:

Always eat breakfast in order to give your body
the energy to start the day and kick-start your metabolism.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Let kids help plan a meal each week to increase their knowledge of cooking and interest in experimenting with foods.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Eat until you are 80% full. It takes 20 minutes for your brain to register that you are full.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Drink plenty of fluids. Think water (#1 recommendation!),
low-fat or nonfat milk and limited intake of low-calorie beverages.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:

week of: _____

WEEKLY
TIP:

Reward your family with praise rather than food.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Serve proper portions on smaller plates to make meals appear larger!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Children need snacks that provide enough nourishment to replace the energy spent playing, learning and growing.

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY

TIP:

Children imitate their parents. Set a good example by eating healthy foods and being a role model—you can do this together!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate 

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

snack:

snack:

snack:

snack:

snack:

snack:

snack:

lunch:

lunch:

lunch:

lunch:

lunch:

lunch:

lunch:

snack:

snack:

snack:

snack:

snack:

snack:

snack:

dinner:

dinner:

dinner:

dinner:

dinner:

dinner:

dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Discover recipes that put a healthy spin on your favorite indulgences! For example, add seasonings like rosemary and a dash of sea salt to homemade popcorn.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

snack:

snack:

snack:

snack:

snack:

snack:

snack:

lunch:

lunch:

lunch:

lunch:

lunch:

lunch:

lunch:

snack:

snack:

snack:

snack:

snack:

snack:

snack:

dinner:

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dinner:

dinner:

 daily step/exercise log

 daily step/exercise log

 daily step/exercise log

 daily step/exercise log

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 daily step/exercise log

 daily step/exercise log

week of: _____

WEEKLY
TIP:

Can't find time to hit the gym? Remember, 10 to 15 minute sessions of moderate exercise in any activity can quickly add up.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

snack:

snack:

snack:

snack:

snack:

snack:

snack:

lunch:

lunch:

lunch:

lunch:

lunch:

lunch:

lunch:

snack:

snack:

snack:

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snack:

snack:

dinner:

dinner:

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dinner:

dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Walk as a family before or after meals. This is an easy way to spend time together and encourage healthy choices for life!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	

week of: _____

WEEKLY
TIP:

Dance or run around between commercials instead of spending extra time on the couch. This could be a fun family game.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Do not eat meals in front of the TV! Be mindful of the amount of food you are eating and enjoy the taste of each bite.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

hydrate 

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

breakfast:

snack:

snack:

snack:

snack:

snack:

snack:

snack:

lunch:

lunch:

lunch:

lunch:

lunch:

lunch:

lunch:

snack:

snack:

snack:

snack:

snack:

snack:

snack:

dinner:

dinner:

dinner:

dinner:

dinner:

dinner:

dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Schedule a family meal around the table at least once per week.
Spend this quality time catching up on each other's day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Limit screen time for TV and other electronic devices (including use of social media)
and discover your local walk/bike trail!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate  hydrate 

breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Balance the energy in food you eat and the energy you burn in activity.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Don't forget that most household activities (e.g., walking the dog, vacuuming and gardening) are opportunities to easily burn calories.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Quality time with your family is an opportunity for active playtime. Consider shooting hoops or walking to the park.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:
snack:	snack:	snack:	snack:	snack:	snack:	snack:
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Walking is an easy way to get your heart pumping and reach some of your daily fitness goals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Park the car farther away from your destination to log more steps.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Take the stairs instead of the elevator. Small changes make a huge impact on your daily routine.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Ditch the car keys; walk or bike to do errands if possible.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

week of: _____

WEEKLY
TIP:

Help manage your weight by controlling portion sizes; one serving of meat or poultry is the size of the palm of your hand, and one serving of peanut butter is the size of a ping-pong ball.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 	hydrate 
breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	breakfast:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	lunch:	
snack:	snack:	snack:	snack:	snack:	snack:	snack:	
dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log



daily step/exercise log

Ingredient Substitutes



INSTEAD OF:

SUBSTITUTE ITEM(S):

1 cup cream

1 cup evaporated fat-free milk

1 cup butter,
margarine, or oil

1/2 cup apple butter or applesauce

1 egg

2 egg whites or 1/4 cup egg substitute

Pastry dough

Graham cracker crumb crust

Butter, margarine,
or vegetable oil
for sautéing

Cooking spray, chicken broth,
or a small amount of olive oil

Bacon

Lean turkey bacon

Ground beef

Extra lean ground beef
or ground turkey breast

Sour cream

Fat-free plain Greek yogurt

1 cup chocolate chips

1/4 - 1/2 cup mini chocolate chips

1 cup sugar

3/4 cup sugar (this works with nearly everything
except yeast breads)

1 cup mayonnaise

1 cup fat-free or reduced-fat mayonnaise

1 cup whole milk

1 cup fat-free milk

1 cup cream cheese

1/2 cup ricotta cheese pureed with
1/2 cup fat-free cream cheese

Oil and vinegar dressing
with 3 parts oil
to 1 part vinegar

1 part olive oil + 1 part vinegar
(preferably a flavored vinegar, such as balsamic)
+ 1 part orange juice

Unsweetened baking
chocolate (1 ounce)

3 tablespoons unsweetened
cocoa powder + 1 tablespoon
vegetable oil or margarine



Kitchen Conversions Chart

CUP	TBSP	TSP	Fluid oz
1 C	16 Tbsp	48 tsp	8 oz
3/4 C	12 Tbsp	36 tsp	6 oz
2/3 C	10 Tbsp +2 tsp	32 tsp	5 1/3 oz
1/2 C	8 Tbsp	24 tsp	4 oz
1/3 C	5 Tbsp +1 tsp	16 tsp	2 1/3 oz
1/4 C	4 Tbsp	12 tsp	2 oz
1/8 C	2 Tbsp	6 tsp	1 oz
1/16 C	1 Tbsp	3 tsp	.5 oz

2 Cup = 1 Pint

4 Cup = 1 Quart

4 Quarts = 1 Gallon





PennState
PRO Wellness

 PHONE: 717.531.1440 |  EMAIL: PROWELLNESS@PENNSTATEHEALTH.PSU.EDU



MED.PSU.EDU/PROWELLNESS