

# Planning Ahead for Healthier Choices

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Busy days and stress make it harder to make healthy food choices and fit in activity. Planning ahead makes healthy choices easier to make.

To start, think about a time when you found it harder to make healthy choices. Look at the chart below. In the left column are two common challenges to healthy eating. In the right column are plans to make healthier choices next time.

## Examples:

What I did this time....	What I will do next time....
1. Friday's are very busy with too much to do: <ul style="list-style-type: none"><li>• <b>Dinner:</b> 4 slices take-out pizza, large pop</li><li>• <b>Activity:</b> watched TV for 3 hours; no activity today</li></ul>	When Friday's are very busy with too much to do: <ul style="list-style-type: none"><li>• <b>Dinner:</b> 1 slice pizza, ½ plate salad (bagged) with low fat salad dressing, water, or diet pop</li><li>• <b>Activity:</b> 15 minute walk at lunch; 15 minute walk after supper</li></ul>
2. My mornings are busy or I slept in: <ul style="list-style-type: none"><li>• <b>Breakfast:</b> nothing to eat until lunch, no time!</li></ul>	When my mornings are busy or I have slept in: <ul style="list-style-type: none"><li>• I will set out my breakfast the night before.</li><li>• I will grab a yogurt and piece of fruit and eat it when I get to work or school.</li></ul>

On the next page there is space for you to plan ahead for healthier choices.

- In the left column, write down the food choices or activity that you want to change.
- In the right column, make a plan for healthier choices that you can make next time.
- Remember to take small steps to reach your goals.

What I did this time...	What I will do next time....