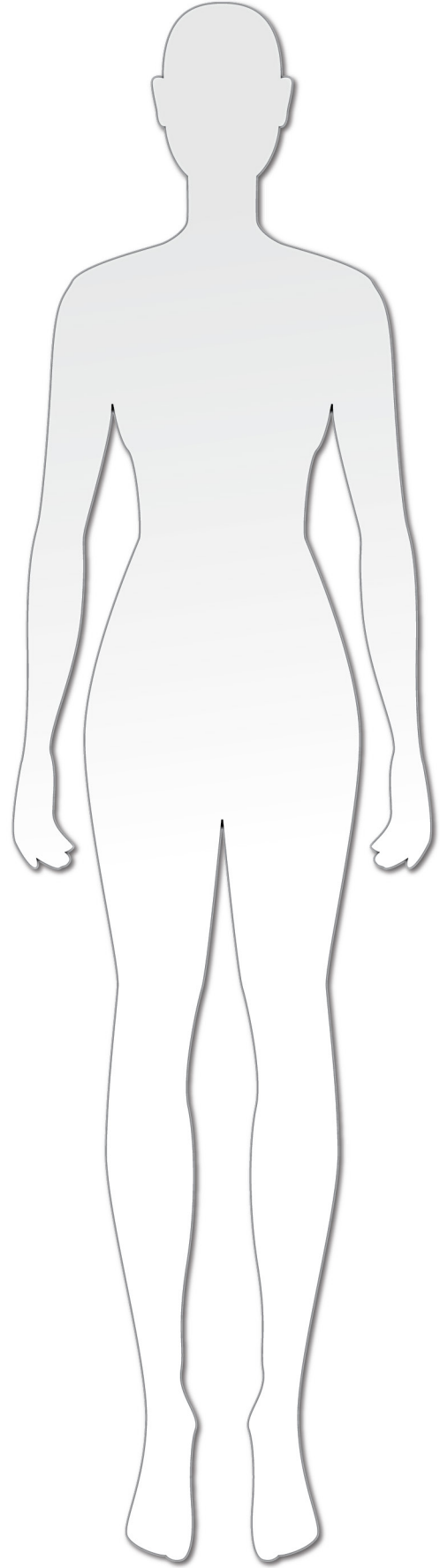
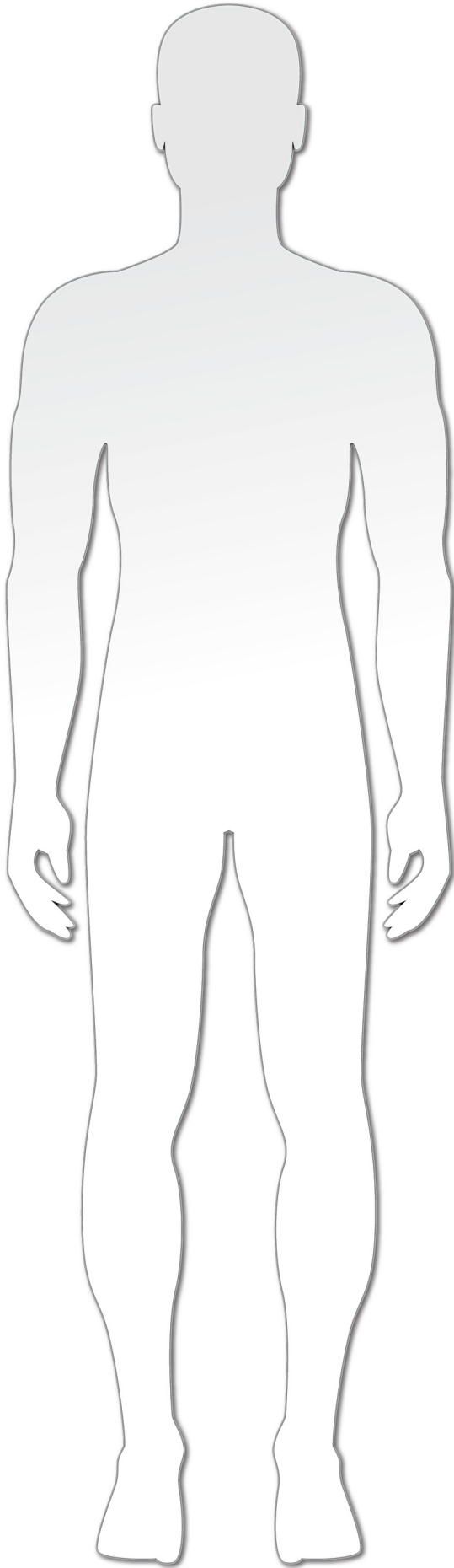


HEALTH BOOK

Emergencies: 911
HealthLine: 811
Mobile Crisis: (306) 933 - 6200

FASD 
NETWORK



DENTIST

OFFICE _____

NAME _____

ADDRESS _____

PHONE NUMBER _____

Appointment	Next Appointment
-------------	------------------

Questions to discuss with my Dentist:

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

Notes:

OPTOMETRIST

OFFICE _____

NAME _____

ADDRESS _____

PHONE NUMBER _____

Appointment	Next Appointment
-------------	------------------

Questions to discuss with my Optometrist:

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

Notes:

OTHER

OFFICE _____

NAME _____

ADDRESS _____

PHONE NUMBER _____

Appointment	Next Appointment
-------------	------------------

Questions to discuss:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Notes:

EXERCISE

My Weekly Exercise Plan:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NUTRITION

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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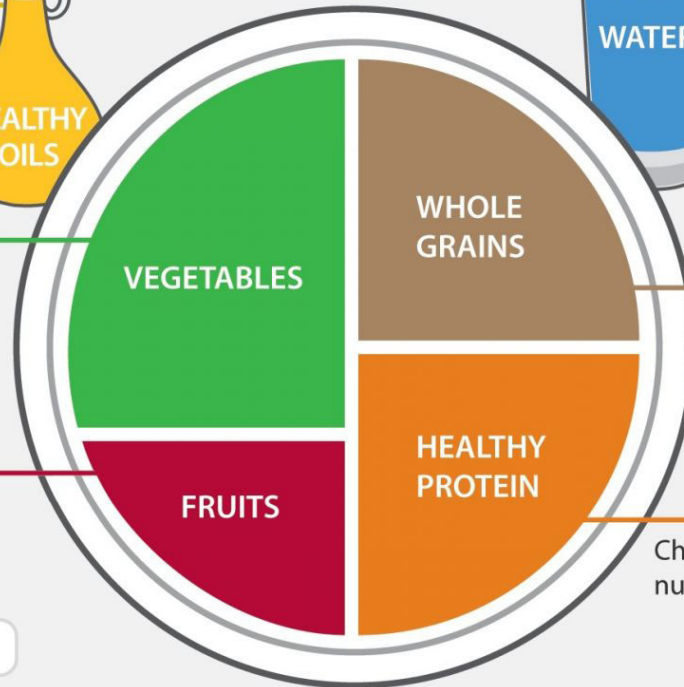
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Places to get healthy food:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



MEAL PLAN

MON	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>	<i>Glasses of water</i> ○ ○ ○ ○ ○ ○ ○ ○
TUES	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>	<i>Glasses of water</i> ○ ○ ○ ○ ○ ○ ○ ○
WED	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>	<i>Glasses of water</i> ○ ○ ○ ○ ○ ○ ○ ○
THURS	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>	<i>Glasses of water</i> ○ ○ ○ ○ ○ ○ ○ ○
FRI	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>	<i>Glasses of water</i> ○ ○ ○ ○ ○ ○ ○ ○
SAT	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>	<i>Glasses of water</i> ○ ○ ○ ○ ○ ○ ○ ○
SUN	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>	<i>Glasses of water</i> ○ ○ ○ ○ ○ ○ ○ ○

RELAXATION

What activities help me relax from stress?

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

11) _____

12) _____

13) _____

14) _____

15) _____

16) _____

17) _____

18) _____