

# Getting Acquainted: Learning About the Principles of Healthy Living

Move around the room and introduce yourself to other members of the group. Find a person who fits one of the categories in the table. Have that person sign your sheet in the designated space, and in return offer to sign a space that describes you on their sheet. Continue to collect signatures.

Please sign in the designated space if you did the following yesterday:	Signature
1. Consumed 5 or more servings of colorful fruits and vegetables instead of choosing junk food	
2. Consumed or prepared foods with healthy fat (e.g., nuts, salmon, avocados, olive oil)	
3. Ate breakfast	
4. Completed at least one hour of moderate-intensity physical activity (e.g., brisk walking, doing chores around the house, working out at the gym)	
5. Ate foods with whole grains instead of refined grains	
6. Drank water instead of soda or other sugary drinks	
7. Spent less than 2 hours watching television or engaging in other recreational screen time activities (e.g., playing video games, spending time online for fun)	
8. Got enough sleep last night to feel rested for today	

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).