

How to Use the GetFIT Connections™ Goal Coupon Book

Step 1. Look in the Calorie Chart A. Determine how many calories you need based on your gender, age, and activity level. If you want to lose weight, select the lower calorie range and increase your activity time and intensity. Notice how your calorie requirements are increased with an increase in activity level. If you go above your calorie recommendations one day, eat less calories the next day to maintain your weight and/or exercise more. Look on Coupon 1 for information on activity and an exercise record. Check with your physician before following any exercise plan.

Step 2. Look in the Recommended Daily Food Amounts Chart B. Highlight your calorie row.

Step 3. Select goal coupons in the book to guide you through your lifestyle changes. The coupons are divided into 16 nutrition, behavior, and physical activity goal coupons. The goal coupons are in a suggested order to follow.

Step 4. Fill out the right hand side of the goal coupon, detach, and reward yourself when you complete the goal. Look inside the back cover on Chart C for non-food and physical activity reward ideas.

Use the GetFIT Connections™ Goal Coupon Book to help motivate you to complete weekly lifestyle goals. Each of the goal coupons will help you meet recommendations for a healthier you from the 2005 Dietary Guidelines for Americans and MyPyramid.gov. Go to MyPyramid.gov for more information on MyPyramid and GetFITConnections.com for more nutrition information.

How to Use the GetFIT Connections™ Goal Coupon Book

Step 1. Look in the Calorie Chart A. Determine how many calories you need based on your gender, age, and activity level. If you want to lose weight, select the lower calorie range and increase your activity time and intensity. Notice how your calorie requirements are increased with an increase in activity level. If you go above your calorie recommendations one day, eat less calories the next day to maintain your weight and/or exercise more. Look on Coupon 1 for information on activity and an exercise record. Check with your physician before following any exercise plan.

Step 2. Look in the Recommended Daily Food Amounts Chart B. Highlight your calorie row.

Step 3. Select goal coupons in the book to guide you through your lifestyle changes. The coupons are divided into 16 nutrition, behavior, and physical activity goal coupons. The goal coupons are in a suggested order to follow.

Step 4. Fill out the right hand side of the goal coupon, detach, and reward yourself when you complete the goal. Look inside the back cover on Chart C for non-food and physical activity reward ideas.

Use the GetFIT Connections™ Goal Coupon Book to help motivate you to complete weekly lifestyle goals. Each of the goal coupons will help you meet recommendations for a healthier you from the 2005 Dietary Guidelines for Americans and MyPyramid.gov. Go to MyPyramid.gov for more information on MyPyramid and GetFITConnections.com for more nutrition information.