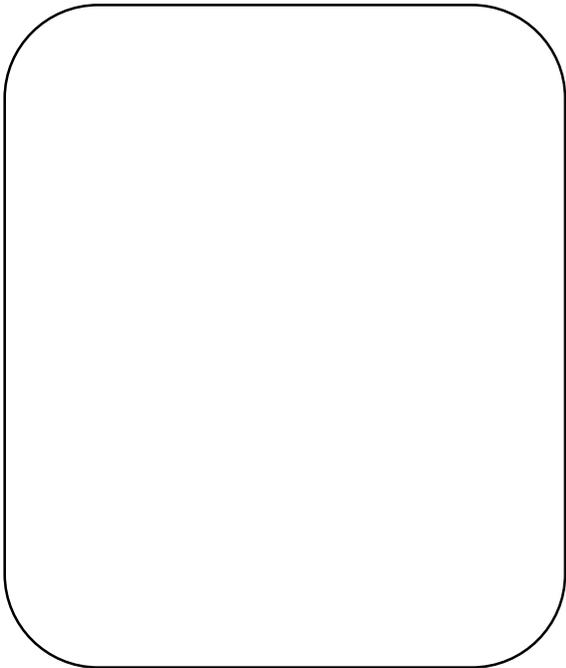
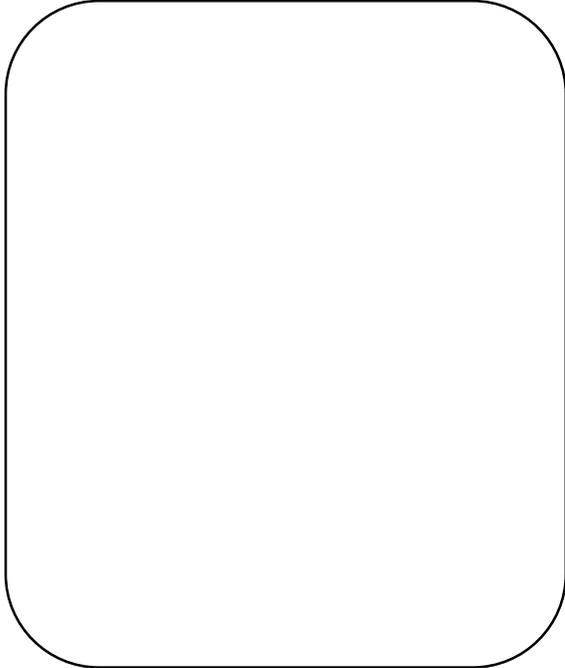


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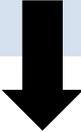
My Energy Balance!

Directions: Write or draw pictures of your favorite foods in the Energy In box and your favorite physical activities in the Energy Out box. Then go back and circle in **RED** your favorite foods that are healthy and circle in **GREEN** your favorite activities that use up the most energy and get your heart beating fast. Now you can see the best ways to balance your own energy!

Energy In	Energy Out
	
	
My Favorite Foods to Eat!	My Favorite Activities to Do!

Ways to Improve My Energy Balance

Directions: Review your favorite healthy foods and favorite physical activities from the front of the worksheet. Do you have enough favorite healthy food choices and enough favorite physical activities? List within the boxes 3 ways that you can improve your Energy In and 3 ways you can improve your Energy Out. This can be healthier foods to eat more of and/or new ways to be physical active. Now use these tips to improve your Energy Balance every day!

<p>Energy In</p> 	<p>Energy Out</p> 
