



AIM FOR FITNESS

Worksheet

Lesson 6

Eat Healthy, Stay Fit

Please help us evaluate this lesson.

After reading the Aim for Fitness lesson, answer the items below.

1. What mini goal(s) have you decided to work on?
2. Weight loss schemes often push unrealistic weight loss goals, such as "lose 10 pounds in 1 week." To accomplish this, one would need to lose 35,000 calories per week by cutting out 5,000 calories a day or by walking 50 miles a day! A more realistic weight loss goal would be _____ to _____ pounds per week.
3. List two benefits of being physically active each day.

Mini Goal Update:

Please tell us how you are doing on your mini goals from previous lessons.

For more information

Check the items you want to receive.

- Fad Diets
- Put an End To Weight-Loss Failures

I have a question, please call me at this number: _____

Name: _____ Date: _____

Thanks for your help. Fold this sheet and it's ready to mail.



▼ FOLD HERE FIRST ▼

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▲ FOLD HERE LAST AND SEAL WITH TAPE. DO NOT STAPLE ▲