



SCHOOL DISTRICT NO. 91 (NECHAKO LAKES)
GRADUATION TRANSITIONS

Healthy Living Plan

Response Booklet

If you do not want to format your own report, you have the option of using this response template. Write your answers in the spaces provided.

Name: _____ Student #: _____

Graduation Year: _____

Step 1 – Healthy Eating Response

Sex: () Age: ()

Food Group	Servings Required per Day
Fruit and Vegetables	
Grain Products	
Milk and Alternatives	
Meat and Alternatives	

Explain what a serving size is?

Complete the chart below and record all the food and drinks you consumed over a three-day period. Make sure to include breakfast, lunch, dinner and all snacks for **ALL** three days.

What food group did you consume the most of over the three days?

Did you consume the minimum suggested amounts for each of the food groups as outlined by the Canada Food Guide?

If your answer is no, list the food groups of which you should consume more.

My daily calorie needs are:	A =
The calories in the Wendy's meal are:	B =
The calories I can still consume after eating the Wendy's meal	C = A - B

Write a brief statement about the number of calories you can still eat today while not exceeding your daily calorie allowance:

From what you have learned, explain three ways that you could improve your diet?

1	
2	
3	

Step 2 – Fitness & Exercise Response

In the chart below, list 10 options for physical activity, and the positive and negative aspects of each.

Activity	Positive Aspect(s)	Negative Aspect(s)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

In the chart below, list 5 different activities that you could participate in after you graduate high school to help you maintain an active lifestyle. Conduct research to find out where you could participate in the activity, the dates, times and costs of the activities/programs.

Facility	Address / Contact Number	Activity you would like to participate in	Date / times / cost of program or class
1			
2			
3			
4			
5			

Step 3 – Stress Management Response

My score in the stress quiz was: _____

List and explain the three most stressful factors in YOUR life that you identified from the stress quiz .

1	
2	

3	

Using the list of “Stress Busters”, list the four stress management strategies that you think would be the most useful in reducing the stress in your life. Explain why these would work for you.

1	
2	
3	
4	

Step 4 -Personal Health Summary

Write a short response (100 -150 words) describing:

How the topics covered in this project will help you to make good choices with regard to your overall diet and exercise plans in the future.

You’re almost done!

Proof read your work. Make sure that you answered all questions without any spelling errors and that your booklet is neat and tidy. **Hand this package into your Career Coordinator.**

Congratulations, you are finished your Healthy Living Plan!