

### I Can! Challenge Recap

**Over the last 11 weeks, you have successfully completed all of the following!**

#### Week 1:

- Identified your short and long-term goals.
- Prioritized your goals.
- Identified possible barriers.
- Completed your very own Goal Setting Worksheet.

#### Week 2:

- Learned portion control tactics and eating distraction techniques.
- Learned Heart Healthy Shopping.
- Practiced using the rate your plate system.
- Planned healthy snacks.
- Learned how to read nutrition labels.



#### Week 3:

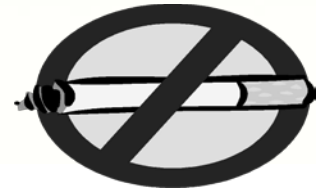
- Incorporated at least 3 different exercises into your weekly routine.
- Kept a Physical Activity Log.
- Calculated your resting heart rate and post-workout heart rate every time you exercised.
- Did at least 10 minutes of physical activity every day.

#### Week 4:

- Learned how to prepare for your doctor's visit.
- Learned what to bring to the doctor's visit.
- Learned how to communicate effectively with your doctor during your visit.
- Learned which questions to make sure to ask your doctor.

### Week 5:

- Learned how tobacco and alcohol use affects those with diabetes and heart disease.
- Were given tips for reducing or cutting out tobacco and alcohol completely.



### Week 6:

- Reached the half-way point!
- Re-evaluated the goals you set in Week 1.
- Learned about what barriers were holding you back and ways to break through them!

### Week 7:

- Learned ways to stay on course with healthy eating while dining out at sit-down and fast food restaurants.
- Learned about the Colorful Plate and why each colorful food listed is good for you.
- Separated food myths from food facts.

### Week 8:

- Stepped up your physical activity level by increasing your activity time, strength training, and workout variety.
- Learned different ways to fit exercise in throughout the day!



### Week 9:

- Learned more about CAD, CHF, and Diabetes.
- Gained a greater understanding of medical terms.
- Learned how to find good Web sites for health information.

### Week 10:

- Learned what quality health care is, how it's important to you, and ways to find out if you are receiving it.
- Learned what to do with quality health care information you find.
- Were given additional resources for health care quality information.

### Week 11:

- Looked into signs and causes of stress.
- Were given tips for relieving stress.
- Learned about depression and signs of depression.
- Were given resources on depression and how to get help and treatment for it.

