



NUTRITION AND EXERCISE PLAN (PART 1)



Let's get started...

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AUG 1 5 2014

Four simple goals...

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It's that easy!

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Are you ready?

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Let's do it!!!

Nutrition Goal 1: Increase your intake of fruits and vegetables; eat vegetables with every lunch and dinner and eat fruit for desserts and snacks.

Nutrition Goal 2: Drink only beverages without calories.

Nutrition Goal 3: Eat less fast food and when eating fast food, make healthy choices.

Exercise Goal: To increase the number of steps you take per day.

Nutrition Goal 1: Increase your intake of fruits and vegetables; eat vegetables with every lunch and dinner and eat fruit for desserts and snacks.

Let's start by talking about vegetables...



Vegetables are important foods for diabetes and weight loss because they are extremely low in calories, low in carbohydrate, fat-free, high fiber, and high in vitamins and minerals. People often have diets very high in calories and high in carbohydrate because their meals are primarily meats and starches with few or no vegetables. A very important nutrition change for blood sugar control and weight loss is to decrease the portion sizes of your meats and starches at lunch and dinner and to add or increase the vegetables.



To do this, a person needs to know which foods are considered vegetables. This is a little tricky because there are vegetables that need to be counted as starches because they contain more calories and more carbohydrate than true vegetables. People often think they have included a vegetable in a meal when in fact they have two or even more starches.



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The following lists will help you to know which vegetables can be counted as vegetables and which need to be counted as starches.

The following foods count as vegetables

green beans, bean sprouts, beets, broccoli, cabbage, carrots, eggplant, greens (collard, kale, mustard, turnip), mushrooms, okra, onion, pea pods, peppers, spinach, yellow squash, tomato, water chestnuts, artichoke, cauliflower, celery, cucumber, lettuce, radishes, zucchini, scallions, Brussels sprouts and asparagus

The following foods do not count as vegetables

corn, peas, black-eyed peas, potatoes, plantains and all beans except green beans

These foods count as starches



Let's look at the numbers so you can see why it's so important to include true vegetables in your meals. One cup of raw vegetables, like broccoli, spinach and carrots, has 25 calories while one cup of starch, like rice and beans, has 250 calories. This means there are 10 times more calories in one cup of rice and beans than in one cup of raw vegetables! And one cup of raw vegetables has 5 grams of carbohydrate while one cup of rice and beans has 45 grams of carbohydrate. To give this meaning, there are approximately 5 grams of carbohydrate in 1 teaspoon of sugar, so one cup of raw vegetables equals one teaspoon of sugar whereas one cup of rice and beans equals 9 teaspoons of sugar. Big difference!



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Now you're probably thinking, but I'm not a rabbit, I don't want to eat carrots and lettuce with every meal. We recommend that you open your mind to vegetables and be vegetable receptive. Vegetables can be incorporated into meals in many different ways...

Ways to incorporate vegetables into meals

- Add vegetables (lettuce, tomato, peppers, spinach, alfalfa sprouts, cucumber and mushrooms) to a sandwich or wrap.
- Add vegetables like carrots, spinach, mushrooms, onions and/or peppers to sauces for pasta. Carrots, spinach and mushrooms won't change the taste and onion and bell peppers can give a nice flavor.
- Make vegetable omelets; add vegetables to your omelets such as tomatoes, squash, broccoli, mushrooms, asparagus and spinach.
- When having rice and beans, substitute half of the rice and beans for vegetables. Steamed cauliflower to replace half of the rice and diced up zucchini or yellow squash for half of the beans is simple and delicious!
- Have salad on the side. You can chop the vegetables instead of having big pieces which makes it fun and easy to eat. You can also add flavor and texture to your salad by adding raisins, sunflower seeds, parmesan cheese or croutons.
- Have soup on the side. It's easy to include lots of vegetables in soup.
- Make stews and bulk them up with vegetables (crock pots can be quite handy). Decrease the amount of meat and starch in a recipe and bulk up the vegetables. Using arroz con pollo as an example... decrease the amount of chicken and rice and bulk up the vegetables (add more carrots, onions and peppers).
- Add vegetables to your favorite recipes; the sauces and flavors of your favorite recipes will carry over onto the vegetables.
- Barbecuing? A grilled vegetable skewer can be absolutely delicious.
- Pasta primavera- bulk up the vegetables and decrease the amount of pasta.
- Try frozen vegetables. Vegetables don't need to be fresh to be healthy; frozen can be just as healthy as fresh and you don't need to clean or cut them.

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Now let's talk about fruit...

Fruit is also an important food for weight loss because it is low in calories, has no fat and is high in fiber. It is also good for diabetes although portion size and type of fruit is important. For both weight loss and diabetes, fruit makes the perfect snack and dessert.

To begin, you want to choose fresh fruit or canned fruit in water or canned fruit in its own juices. You don't want to choose fruit juice and dried fruit because they are more concentrated in fruit sugar and higher in calories than fresh fruit or canned fruit in water or its own juices. And here's an easy portion size trick: for fresh fruit, choose pieces about the size of your closed fist (medium fresh fruit) and if cut-up, keep to one cup; for canned fruit, also keep it to one cup.

Let's look at the numbers so you can really see why fruit makes the perfect snack and dessert. A medium fresh fruit or one cup of fresh fruit has about 100 calories whereas a piece of cake can easily have 500 calories and a bag of chips can easily have 250 calories. And there are also big differences from an overall health standpoint... With the fruit, you also get fiber, vitamins and minerals whereas with the cake and chips, you also get fat (saturated fat and trans fat- the bad ones for your heart!) and sodium.



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Now you may be thinking but an apple isn't anywhere close to being as tasty as chocolate cake. Get creative and it can be!

Snack and Dessert ideas with Fruit

- Freeze a banana and put light chocolate syrup and cool whip on top.
- Make a fruit shake with your favorite fruit, skim milk and sugar substitute.
- Dip apple slices in caramel or 1 tablespoon of peanut butter.
- Put berries over angel food cake with cool whip on top.
- Make sugar free jello with fruit inside (can put cool whip on top).
- Mix low-fat cottage cheese and fruit.
- Freeze grapes.
- Make a yogurt fruit parfait by layering fresh fruit and non-fat or low-fat yogurt.
- Make fruit kabobs. Put fresh fruit on a stick.

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Nutrition Goal 2: Drink only beverages without calories.



For weight loss and diabetes it is very important that you drink only beverages without calories. Calories from beverages can add up very quickly. Just one regular soda contains 150 calories; just 12 ounces of juice (even 100% fruit juice) has 180 calories; just 16 ounces of sweetened tea has about 200 calories. If you drink these beverages throughout the day, you can easily have around 1000 calories and you haven't yet eaten anything!?!)

And what are these calories? Sugar! In one regular soda, you have 10 to 12 teaspoons of sugar and in 12 ounces of juice, you have 9 teaspoons of sugar (may be natural fruit sugar but there's no difference between natural fruit sugar and table sugar as far as the effects on the blood sugar).

So what are examples of beverages without calories that are good for weight loss and diabetes? Your number one beverage choice is water. You want to drink water more than any other beverage. Water is so important for your body to function and for your overall health.

In addition to water, you may drink other calorie-free, caffeine-free beverages. Examples of calorie-free, caffeine-free beverages include: flavored seltzer water, powdered calorie free drink mixes (for example Crystal Light), tea sweetened with sugar substitute and caffeine-free diet sodas. By reading the label on the beverage, you can determine whether or not a beverage is a good choice. If the calories are 5 or less per serving and the carbohydrate is 0 grams, the beverage is a good choice. One exception to this rule is skim milk. Although skim milk has calories and carbohydrate, it is a good beverage to drink; you can drink up to 16 ounces per day.

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So how much water and other calorie-free beverages should you drink? A common recommendation is to drink six to eight 8-ounce glasses of water or other fluid every day. But some adults may need more or less, depending on how healthy they are, how much they exercise, and how hot and dry the climate is. The easiest way to know if you're drinking enough fluid is to look at the color of your urine. If you're drinking enough water, your urine will be clear or faintly yellow. A darker yellow means you aren't drinking enough water.

Now you may be wondering about coffee... coffee in and of itself does not have calories or carbohydrate but what you add to it can have a lot. Cream, half and half, whole milk, sugar and flavored creamers add a lot of calories, sugar and fat to your coffee. Better choices include skim milk, sugar substitute and nonfat low-calorie creamers. Keeping your coffee intake to no more than 2 cups per day is a good goal.

If you choose to drink alcohol, the study recommendation is to drink no more than one alcoholic beverage per day. One alcoholic beverage can be either:

- Beer (light beer) - 12 ounces
- Wine - 5 ounces
- Liquor - 1.5 fluid ounces (and be careful not to mix it with a beverage with calories)

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Tips to Help You Drink More

- Have a calorie-free, caffeine-free beverage with every snack and meal.
- If you don't like drinking water, try adding lemon or calorie-free flavor drops (for example Mio) to water or seltzer water.
- Keep a bottle of water with you in your car, at your desk, or in your bag.
- Don't wait until you feel thirsty to drink.
- Eat more fruits and vegetables. Their high water content will add to your hydration. About 20% of our fluid intake comes from foods.

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Nutrition Goal 3: Eat less fast food and when eating fast food, make healthy choices.



Fast food can be very high in calories. It is easy to have more than 1000 calories with one fast food meal. Try to eat fast food less often and when you do, try to choose the lower calorie options.

Many fast food chains have nutrition analysis brochures available to help you make healthier choices. It always helps if you choose items that are not fried and if you get the small portion size. A salad can be a good choice but be careful with the dressing. A high calorie salad dressing can turn your grilled chicken salad into a double bacon cheeseburger from a calorie and fat standpoint!



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Here are some healthier choices and tips for fast food restaurants:

Burger Restaurants

- Grilled chicken sandwiches
- Single hamburgers
- Salads (can have grilled chicken)
- Can add lettuce, tomato, onions, pickles, catsup, mustard, low calorie/fat salad dressings.
- Cannot add mayonnaise, cheese, regular salad dressings.
- If you have french fries, have the smallest size!

Sub Restaurants

- Choose turkey, ham, roast beef, chicken breast, or all veggies with cheese.
- Choose whole wheat bread or a wrap and add any vegetable toppings, mustard, oil and vinegar (light on the oil).
- Mayonnaise, creamy sauces, cheese (more than 1 slice), olives and bacon are not good choices.
- If a large sub ("12-inch"), share with someone or save 1/2 for a second meal.

Chicken Restaurants

- Grilled or rotisserie white meat chicken without skin
- Salads with grilled chicken
- Rice, beans, sweet potatoes, corn (small sizes)
- Steamed vegetables and vegetable salads
- Good sauce choices include salsa, barbecue sauce and sweet and sour sauce.
- Watch out for creamy sauces, regular salad dressings, creamy vegetables and gravy.

Pizza Restaurants

- Choose vegetable toppings including green peppers, mushrooms, onions, tomatoes, and spinach.
- Watch out for meat toppings including pepperoni, sausage, bacon and anchovies.
- Ham and pineapple can be tasty.
- Have one or two slices and have salad on the side.
- Watch out for bread sticks, chicken wings, cheese sticks, stuffed crust, creamy sauces, garlic rolls and regular soda.

Exercise Goal: To increase the number of steps you take per day.



Exercise is very important for weight loss, blood sugar control and overall good health. There are many benefits from exercise including improving heart fitness, blood pressure and cholesterol, decreasing stress, improving sleep, strengthening bones and muscles and making you feel better overall.

For this study, the main goal for exercise is to increase the number of steps you take daily. Your daily steps will be tracked by the Fitbit Flex.

Here is a list of ways to increase your daily steps

- Park your car farther away in parking lots.
- Take walks during your breaks at work.
- Take the stairs versus elevators and escalators.
- Do not sit for longer than an hour; every hour, get up, stretch, take a little walk.
- Do active activities such as bike riding, miniature golf, bowling and going to the park versus watching television, going to movies and going out to eat.
- Go for an after dinner walk with the family, dog or just yourself.
- Do your own gardening and other outdoor chores.
- Get off the bus or train a stop early and walk the rest of the way.

You will also be entering active minutes into your Fitbit Flex. Active minutes are “exercise”, meaning you’re doing an activity for the specific purpose of getting exercise and you’re doing the activity for an extended period of time. If you are exercising prior to starting the study, please continue and perhaps work on increasing **frequency, intensity and duration** as described below.

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If you are not already exercising, perhaps now's the time to start. The first step is to select an aerobic activity. Examples include: walking, swimming, walking in a swimming pool, bicycling, aerobic dance, or any activity which gets the heart rate up and keeps it up.

Once you choose an activity concentrate on:

- **Frequency:** Your long term goal is to build up to exercising 5 times per week. You might start with 2 times a week and slowly increase to 5. Consistency is the key!
- **Intensity:** Start at a pace where you feel comfortable. As your fitness level improves you can start increasing your intensity. You should feel like you are doing work. Your heart rate should increase while exercising. If you are unable to speak, your work-out is too hard and you should slow down. Go at your own pace!
- **Time:** Your long-term goal should be at least 45 min each time you exercise. You might start with 15-20 min and slowly build up to 45 min or more!

Now let's talk numbers. The latest research indicates that 10,000 steps a day meets the guidelines set by the Centers for Disease Control and Prevention for physical activity. These steps come from both activity and exercise. Most individuals take somewhere between 3,000-5,000 steps per day, so they fall short of the 10,000 goal. And it's not crazy for a person's steps per day to be as low as 1,000 or 2,000. People typically work at desks, drive a lot, and do lots of sedentary activities like watch TV. To connect steps and miles, 2,000 steps is approximately 1 mile.

Now Rome was not built in one day. You're not going to go from 2,000 to 10,000 steps overnight. The goal of this study is to increase your steps by 10% each week for 8 weeks. The instructions below will guide you in accomplishing this goal.

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Step 1

Do your usual activity and exercise and wear your Fitbit Flex for 7 days. It's important to know your starting point!

Step 2

Determine your average steps per day for the first week. You do this using your Fitbit App on your Apple product. To determine your average steps per day:

1. Open the Fitbit App on your Apple product.
2. Click on the "# Steps" bar.

(A bar graph should pop up showing the steps you took today by time of day)

3. Click on the bar graph.

(A larger, more detailed bar graph should pop up and take up the whole screen)

4. At the bottom of the screen there should be 5 buttons that adjust the time frame of the bar graph. Click on the button that reads "1w."

(A larger bar graph should pop up with one bar for each day of the week)

5. At the top of the screen, next to "Steps," there should be a line that reads "Daily avg: #" and a line under it that has the range of dates for the week pictured.

Make sure the range of dates only includes the first 7 days you used the tracker!

You can move the bar graph left or right to adjust the dates.

Step 3

Get your weekly step goals. On Day 8, the study coordinator will call you. Using your average steps per day for the first week, the coordinator will give you step goals for the next 3 weeks (weeks 2, 3 and 4). Write these weekly step goals on the next page.

Step 4

Now all that's left is to increase your steps per day and reach the weekly goals!

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Steps per Day Weekly Goals

Week 2 Steps per Day Goal: _____

Week 3 Steps per Day Goal: _____

Week 4 Steps per Day Goal: _____

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NUTRITION AND EXERCISE PLAN (PART 2)

Time to add more goals...

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Let's build on the earlier goals...

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Before you know it, you've made many changes!

Are you ready?

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Let's do it!!!

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Nutrition Goal 1: Keep starch portions to one cup per meal.

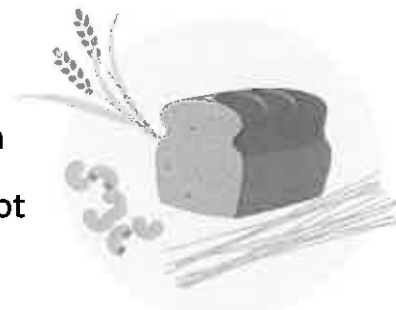
Nutrition Goal 2: Choose lean meats and keep the portion to the size of the palm of your hand.

Nutrition Goal 3: Eat less high fat foods and choose healthy fats versus unhealthy fats.

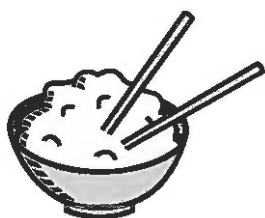
Exercise Goal: To increase the number of steps you take per day.

Nutrition Goal 1: Keep starch portions to one cup per meal.

Starches have a bad reputation when it comes to body weight. Many people believe starches are “fattening”. Although starches may play a role when a person is overweight, they do not need to be eliminated from the diet. High fiber starches such as



whole grain bread, high fiber cereals, and brown rice are very healthy foods.



To make starches work for weight loss, diabetes and overall good health, do the following:

Choose high fiber starches.

Look at food labels and look for the higher fiber options. You want bread with at least 2 grams of fiber per slice. You want cereal with at least 5 grams of fiber per serving.

Watch out for added fats (in other words, do not add fat to your starches).

Examples of adding fats to starches include butter on bread, whole milk in cereal, and cream sauce on pasta. Instead put low fat soft tub margarine on bread, skim or 1% milk in cereal and tomato sauce on pasta.

Watch your portion sizes of the starches.

This is extremely important as the calories and carbohydrate from starches can add up very quickly. And it's very easy to have portion sizes that are too large (and in turn have too many calories and too much carbohydrate). A general goal for starches is one cup of cooked starch per meal. You want to keep your starch portion to about $\frac{1}{4}$ of your plate. You want $\frac{1}{2}$ of your plate filled with vegetables. In other words, you want twice as much

Careful not to have more than one starch per meal.

This is so easy to do. Rice, beans and plantains. Potatoes, corn and bread. Pasta and bread. So many meals include more than one starch and when you have more than one starch, it becomes really difficult to keep the starches to one cup per meal.

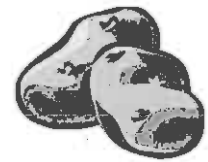
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Too much starch is a very common problem in people's diet.



So how can you solve this problem?

MEASURE!!!

- Use a 1 cup measuring cup and measure the starches cooked. Do not trust your eyes. The only way to know that you have the right portion size is to measure!

Try to have one starch per meal.

- For starches that "go together" (for example rice and beans), keep it to 1 cup total per meal. Remember potatoes, corn, peas, beans, yucca and malanga count as starches and not vegetables.

Increase the vegetables at meals.

- You want to fill up on the vegetables, not the meats and starches.

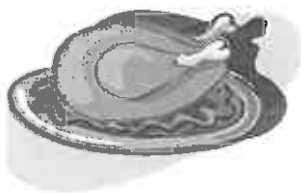
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Nutrition Goal 2: Choose lean meats and keep the portion to the size of the palm of your hand.



Now for the meat story...

There are five important things to do to make meats a healthy part of a diet:

Choose lean meats

Trim all visible fat

Keep your portion to the size and thickness of the palm of your hand (not including fingers!).

Cook the meat in a way that doesn't add fat to it

Remove skin from poultry

Examples of lean meats include white meat chicken or turkey without the skin, red meats or pork that contain the word "loin" in their name, and all fish and shellfish (even if high fat, it is healthy fat and worth the calories!).

People often get confused and think since they're eating chicken and not eating red meat, they're doing good. But in fact if you're eating the skin on the chicken, you're actually getting more fat with the chicken than you would with lean red meat. Poultry skin is pure fat. Ideally remove the skin before cooking.

Ways to cook meat that don't involve adding fat include baking, grilling, boiling, roasting, barbecuing, and microwaving. You want to avoid frying meats and cooking meats with oil, butter or lard.

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Here are some rules to follow when selecting meat and poultry at your local supermarket:

Look for lean cuts.

- Certain cuts of meat and poultry are lower in fat. Lean cuts of beef include round, chuck, sirloin and tenderloin. Lean pork or lamb includes tenderloin, loin chops and leg. The leanest poultry is white meat from the breast with no skin.

Check percentages.

- When buying ground beef, look for packages with the highest percentage of lean meat — 90 percent or higher.

Watch the ground.

- Ground poultry can have as much fat as ground beef has, or more, because it often includes dark meat and skin. To make the leanest choice, choose ground breast meat, or look for low-fat ground chicken or turkey.

Be selective.

- Choose beef that is labeled "Choice" or "Select" instead of "Prime," which usually has more fat. If you can't resist choosing the higher fat choices, use them as an occasional indulgence rather than a regular option.

So, let's put it all together... Typically people fill their plates with meats and starches and have few, if any, vegetables and fruit. In other words, it's common for half the plate to be meat and the other half starch (see the top plate on the next page). This is not good for your weight, blood sugar or overall health. Your goal is to decrease your portions of meats and starches and to add or increase your portions of vegetables. In other words, you want ¼ of the plate to be meat,



¼ of the plate starch and half the plate vegetables (see the bottom plate on the next page). Now that's a meal that's good for you!

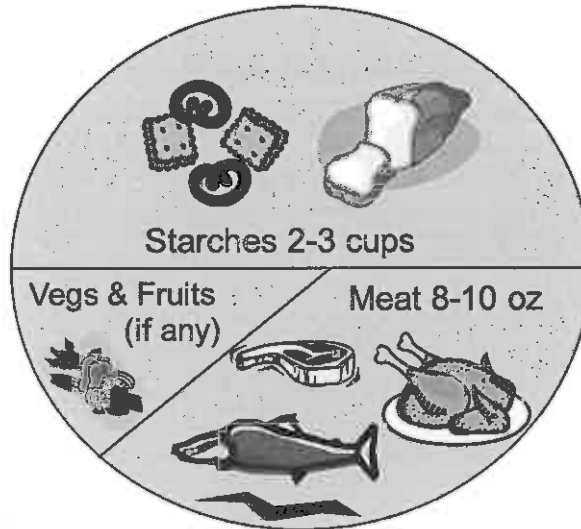
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Picture Perfect Plate

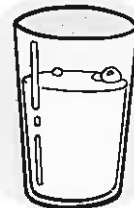
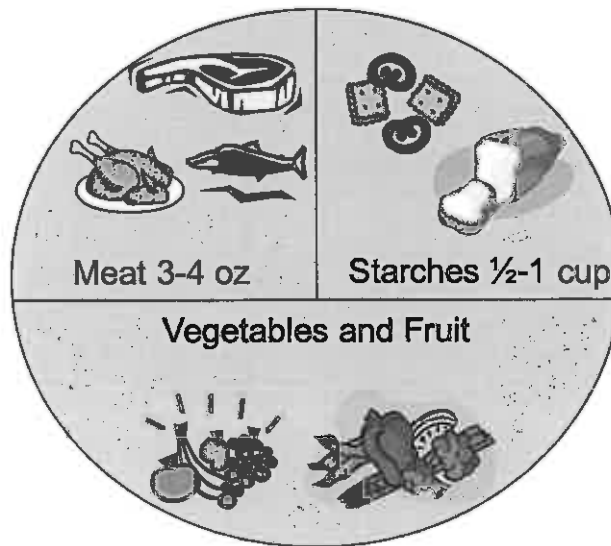
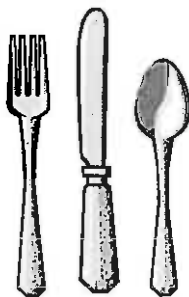
Before



- Whole milk
- 2% milk
- Juice
- Regular soda

GOAL: to eat less meats and starches

After



- Water
- Skim milk
- 1% milk

GOAL: to eat more fruits and vegetables!

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Nutrition Goal 3: Eat less high fat foods and choose healthy fats versus unhealthy fats.

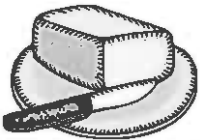


Fats can be confusing. All fats are a very concentrated source of calories. In other words, no matter what type of fat, even with a very small quantity, you have a large number of calories.

A diet for weight loss and diabetes can and should include some fat. The key is choosing healthy fats and watching the quantities so that you don't get more calories from fat than you realize and need. Healthy fat choices include olive oil, soft margarine, and avocado. Unhealthy fat choices include lard, shortening, and the fat on meat.



Fried foods are not a good choice for weight loss and diabetes. Just one tablespoon of oil contains 150 calories and $\frac{1}{4}$ cup of oil contains 500 calories regardless of the type of oil. When you fry foods, the foods absorb the oil so you're not only getting the calories from the food but also the calories from the oil. Keeping these numbers in mind, you can imagine why fried foods are so high in calories.



As far as nonfat and lower fat versions of foods, they can be helpful for weight loss. The important thing to remember is that even though they have no fat (fat-free) or less fat, they still have calories. You can use the label to guide you on how much you should eat. You want to aim for the serving size listed. Let's use low fat frozen yogurt as an example. Let's say the serving size on the label is $\frac{1}{2}$ cup. This would be a good dessert choice if you keep your portion size to $\frac{1}{2}$ cup. Portion size counts!

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Below please find examples of healthy fat and unhealthy fats. In summary, your goals for fat are to choose healthy fats and to watch the portion sizes.

- Healthy Fats**
- Avocado
 - Oil (canola, olive, peanut)
 - Olives
 - Nuts (almonds, cashews, peanuts, pecans, walnuts)
 - Peanut Butter
 - Sesame Seeds
 - Margarine (tub)
 - Mayonnaise
 - Salad Dressing
 - Seeds

- Unhealthy Fats**
- Bacon
 - Margarine (stick)
 - Butter
 - Coconut
 - Cream
 - Cream Cheese
 - Sour Cream

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Exercise Goal: To increase the number of steps you take per day.



You might be thinking to yourself, 'This is the same exercise goal as the one given last month.' You're absolutely right! We kept the goal the same to emphasize how important exercising is for a healthy lifestyle.

For this goal, you are going to continue to measure your steps per day using your Fitbit Flex. At the end of each week, check to see if you met your average steps per day goal as determined at today's visit (see steps per day goals for week 5, 6, 7 and 8 below). If you fall short of your weekly goal, reevaluate your physical activity and see where you can improve.



Perhaps you've been taking elevators and escalators and maybe you can start taking the stairs instead? Maybe you're still trying to park close to where you're going and perhaps you can start parking farther away? Perhaps you're still sitting for long periods of time at work and maybe you can start taking breaks every hour to walk and stretch? There are many ways to increase your average steps per day. Stay motivated!

In addition to increasing your number of steps per day, the study also encourages you to increase your active minutes. For this goal, look at your

frequency, intensity and time. Can you increase your **frequency**?

Remember your long-term goal is 5 times per week and consistency is key.

Can you increase your **intensity**? Remember it should feel like you are doing work. If it's starting to feel easy, it's time to increase your intensity. Remember, though, if you are unable to speak, your intensity is too great and you need to slow down. Can you increase your **time**? Remember your long-term goal is 45 minutes or more. Slowly and steadily increase your time until you reach this goal.

You can do it!

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Steps per Day Weekly Goals

Week 5 Steps per Day Goal: _____

Week 6 Steps per Day Goal: _____

Week 7 Steps per Day Goal: _____

Week 8 Steps per Day Goal: _____

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