



## Women's Nutrition Checklist

- Healthy habits established
  - Fiber (25-35 grams/day)*
  - Fruits & Veggies (5-8 servings/day)*
  - + 6 other key healthy habits*
  
- Healthy Pattern of eating
  - 6 keys for a healthy eating pattern*
  
- Lifestyle Habits (smoking, adequate sleep, etc.)
  - 4 keys for a healthy lifestyle*
  
- Weight Goals Achieved
- Health Goals Achieved