**Traffic Light Meal Plan**

**Red Foods**

0 = Rarely (less than 1 time per week) Hotdogs, hamburgers, pizza, french fries, soda,

1 = Sometimes (a couple of times per week) donuts, candy, ice cream, fried chicken, most cereal,

2 = Often (a few times per week) mac and cheese, juice, processed food, etc.

3 = Most of the Time (almost always)

Breakfast Snack Lunch Snack Dinner Snack Total

\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

6 or less, great job, keep up the good job

7 to 13, good work, but see if you can bring it down a couple of points

14 to 18, see if you can bring it down a couple of points

**Yellow Foods**

0 = Rarely (less than 1 time per week) Noodles, pasta, eggs, spaghetti, whole grain cereal,

1 = Sometimes (a couple of times per week) grilled chicken, turkey, bagels, gatorade, diet soda,

2 = Often (a few times per week) snack bars, waffles, pancakes, etc.

3 = Most of the Time (almost always)

Breakfast Snack Lunch Snack Dinner Snack Total

\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

6 or less, great job, keep up the good work

7 to 13, good work, but see if you can bring it down a couple of points

14 to 18, see if you can bring it down a couple of points

**Green Foods**

0 = Rarely (less than 1 time per week) Water, any vegetable, whole grain bread, rice,

1 = Sometimes (a couple of times per week) any fruit, nuts, beans, lean unprocessed meats,

2 = Often (a few times per week) yogurt, salads, etc.

3 = Most of the Time (almost always)

Breakfast Snack Lunch Snack Dinner Snack Total

\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

6 or less, good work, but see if you can bring it up a couple of points

7 to 13, good work, but see if you can bring it up a couple of points

14 to 18, great job, keep up the good work

**Traffic Light Activity Plan**

**Red Activities**

0 = Rarely (one hour or less per day) Watching TV, playing computer games,

1 = Sometimes (two hours per day) reading, listening to music, texting,

2 = Often ( three to four hours or more per day) talking on the phone, etc.

3 = Most of the Time (more than four hours per day)

Mon Tues Wed Thurs Fri Sat Sun Total

\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

7 or less, keep up the good work

8 to 15, good work, but see if you can bring it down a couple of points

16 to 21, see if you can bring it down a couple of points

**Yellow Activities**

0 = Rarely (one hour or less per day) Walking, household chores, yard work,

1 = Sometimes (two to three hours per day) shopping, Wii fit, drumming, etc.

2 = Often (four hours or more per day)

3 = Most of the Time (more than four hours per day)

Mon Tues Wed Thurs Fri Sat Sun Total

\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

7 or less, good work, but see if you can bring it up a couple of points

8 to 15, good work, but see if you can bring it up a couple of points

16 to 21, great job, how about more green activities

**Green Activities**

0 = Rarely (one hour or less per day) All sports, intense yard work, jumping rope,

1 = Sometimes (two to three hours per day) riding bikes, walking long distances,

2 = Often (four hours or more per day) walking up and down stairs, dancing, etc.

3 = Most of the Time (more than four hours per day)

Mon Tues Wed Thurs Fri Sat Sun Total

\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

7 or less, good work, but see if you can bring it up a couple of points

8 to 15, good work, but see if you can bring it up a couple of points

16 to 21, great job, keep up the good work