

HEALTH BOOK

Emergencies: 911
HealthLine: 811
Mobile Crisis: (306) 933 - 6200

FASD 
NETWORK

DOCTOR

OFFICE _____

NAME _____

ADDRESS _____

PHONE NUMBER _____

Questions to discuss with my Doctor:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

Notes:

Appointment	Next Appointment
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DENTIST

OFFICE _____

NAME _____

ADDRESS _____

PHONE NUMBER _____

Questions to discuss with my Dentist:

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

Notes:

Appointment	Next Appointment
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OPTOMETRIST

OFFICE _____

NAME _____

ADDRESS _____

PHONE NUMBER _____

Questions to discuss with my Optometrist:

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

Notes:

Appointment	Next Appointment
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OTHER

OFFICE _____

NAME _____

ADDRESS _____

PHONE NUMBER _____

Questions to discuss:

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

Notes:

Appointment	Next Appointment
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EXERCISE

My Weekly Exercise Plan:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NUTRITION

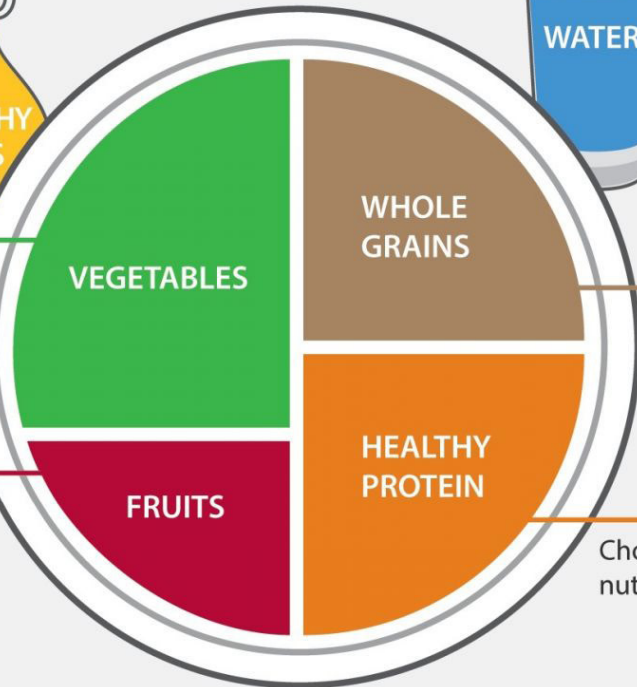
HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



HEALTHY OILS

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.



WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat plenty of fruits of all colors.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



STAY ACTIVE!

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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Places to get healthy food:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

MEAL PLAN

MON

Breakfast

Lunch

Dinner

Snack

Glasses of water

○ ○ ○ ○
○ ○ ○ ○

TUES

Breakfast

Lunch

Dinner

Snack

Glasses of water

○ ○ ○ ○
○ ○ ○ ○

WED

Breakfast

Lunch

Dinner

Snack

Glasses of water

○ ○ ○ ○
○ ○ ○ ○

THURS

Breakfast

Lunch

Dinner

Snack

Glasses of water

○ ○ ○ ○
○ ○ ○ ○

FRI

Breakfast

Lunch

Dinner

Snack

Glasses of water

○ ○ ○ ○
○ ○ ○ ○

SAT

Breakfast

Lunch

Dinner

Snack

Glasses of water

○ ○ ○ ○
○ ○ ○ ○

SUN

Breakfast

Lunch

Dinner

Snack

Glasses of water

○ ○ ○ ○
○ ○ ○ ○

RELAXATION

What activities help me relax from stress?

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

11) _____

12) _____

13) _____

14) _____

15) _____

16) _____

17) _____

18) _____