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# BUILDING HEALTH

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How will you make your future brighter?

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## Track Your Progress

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Tracking your progress helps you stay motivated. Once you're on a streak of success, you can build momentum that will help you stay on track. It's also fun to look back on your achievements.

Try a reward chart! Set a goal, figure out a way to track your progress, then create a chart that you can fill in as you go. Hang it somewhere that you can see it regularly, to keep your goals in mind.

You can also track your progress with Super Tracker, MyPlate's goal achievement tool. With SuperTracker, you can easily record what you eat, track your physical activity, set goals, etc.

There are lots of health and fitness apps that can help you track your progress. Use the resource that works best for you.

## Plan Ahead:

Choose to be healthy, then set up your environment to make it easier for your future self to stick with that decision.

For example, plan what healthful meals you're going to have for the week, then shop for groceries. Steer clear of foods that aren't healthful but which tempt you, picking only 1 or 2 treats instead. If it's not in the house, it's harder to give in to the temptation to eat too many empty calories.

When it comes to being active, wear exercise clothes for a bit before your workout so that you don't have to scramble to make it out the door on time. When you scramble, it's easier to rationalize not going at all, or to tell yourself you're too busy. Already being in the clothes actually helps you commit.

