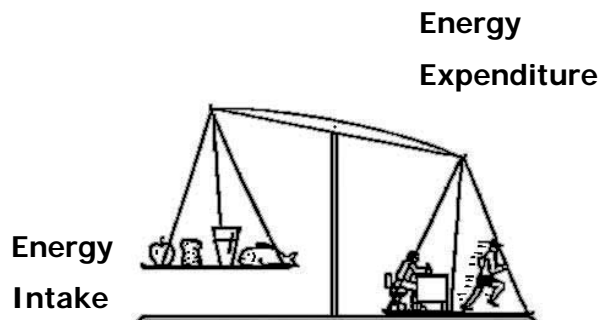
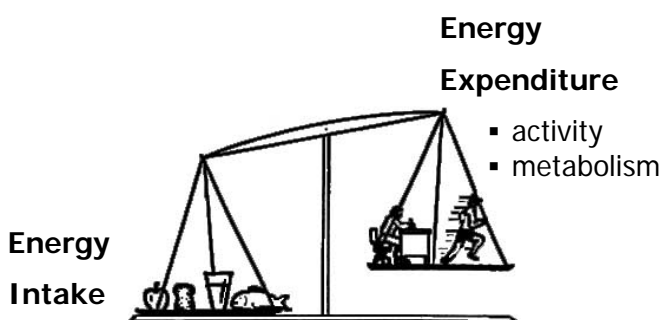


RM 9–NU: My Lifestyle Choices and Energy Balance*

Name _____ Class _____ Date _____



Factors that contribute to an energy imbalance that could lead to weight gain:

Counter measures that could help me regain energy balance:

Describe what you have learned about yourself related to your food choices and physical activity habits. Indicate where you can make positive changes and what you plan to do.

* Source: Dairy Farmers of Manitoba, 2008, 2003. Adapted with permission.